

Bavarian News

Special Edition

Grafenwoehr, Hohenfels and Vilseck

Summer 2006

Welcome
to
Bavaria



Advice from the field

What is the *best* advice you were given when you arrived?



Kim Odom
"Have a positive attitude and be open minded to experiencing a new culture."



Robert Ray
"Enjoy the opportunities you have while in Germany. It could be a once-in-a-lifetime chance."



Shamaria Fields
"Get to know the DoDDS school system to better benefit your kids and prepare for changes."



Corbin Skeritt
"Play a sport."



Jules Allen
"Get involved in all types of activities. Get involved in leadership activities, volunteer work, sports, ..."



Ricky Dunbar
"Travel and get involved in the community."



Jaressia Parker
"There's a lot of sports here and fun things to do."



Dante DelaRosa
"You can have fun in Germany by walking, swimming and riding around."

Garrison Greetings

Welcome to a 'best kept secret!'

The entire U.S. Army Garrison Grafenwoehr community welcomes you, your friends, and family to this region.

We think this area is one of the Army's best kept secrets and are sure that you will soon see why people continually want to return for future assignments.

Because I know that you will be overwhelmed with information, I'd like to just take a little bit of time to remind you of some of the conditions that you are most concerned about as you join us.

You are now living in places that have several names. Vilseck is known as South Camp and Rose Barracks, and neighboring Grafenwoehr is known as East Camp. Hohenfels doesn't have any alter egos, but you may hear about Albertshof, a section where the troops stay during their training there.

This is a rural, relatively quiet area with several quaint communities and villages scattered across a beautiful landscape. Many of our German neighbors work on the installation, conduct small business, or are involved in farming.

The weather is not unlike what you experienced at Fort Lewis. We get rain and snow from January through March or April. It's only hot for a short period of time, so it is generally seasonable weather. The population is about 11,000 people, so your arrival will almost double the population. I don't think you will find a better group of people to live with.



Boyle

" You'll soon see why people continually want to return for future assignments. "

The German community will display a great deal of friendship and want to continue to enjoy close personal relationships with you throughout your tour.

I am quite sure you will have a blast exploring the various festivals, parades, and German holiday seasons throughout the year.

You will either occupy a pre-assigned home or move into temporary quarters while you arrange for private rental housing. Don't worry; our Housing Office will work with you in the latter case.

We have developed a robust shuttle bus service to get you to and from work and around the area. We will keep this up until your vehicles arrive and the need dies down.

Many of you have already tested for and passed your USAREUR drivers license but if not, you will get another chance to do so shortly after you arrive. Yes, you do have to study to pass it.

Once your car arrives, it will be registered and you will get fuel coupons.

You'll be ready to explore the community, the area, and even travel to foreign countries.

I encourage you to get around and see your area while waiting for your vehicle, while the sponsor is inprocessing, or just during some of

your down time. You will be amazed at what you see.

On post we have a great hunting and fishing program, along with a shooting program. Our Outdoor Recreation program can provide access to a host of biking, climbing, and other hearty exercises. We have a host of gym/CDC, school age programs, and trips to keep you busy.

We offer traditional religious programs, and our medical and dental programs will take care of your needs or refer you to off-post German providers. And they are pretty good too.

Off post, we do not have 24/7 businesses or shops. But there are several home and garden stores (similar to Home Depot), and you will get a chance to explore the village Backereis (bakeries), Metzgereis (butcher shops), and other smaller businesses that cater to the individual customer. I think you will grow to appreciate their services.

Remember that the currency is the Euro and \$1 is averages about .79 Euro.

Again, welcome to Germany! Don't forget to check in with the schools to ensure your kids are registered.

My organization will continue to provide to you and the other members of our community the best services.

Together we will continue to work to make this area the best place to live and work in Germany.

Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr

Meet Your Mayors

Join rich culture, friendships in nearby Vilseck

Dear Soldiers, civilians and families of the 2nd Cavalry Regiment, A hearty welcome from the Vilseck community to all of you!

It is a great honor and pleasure for us to have you here in our historic town.

I would like to keep up the great German-American relations. I hope you will enjoy being a part of the many social and cultural events and activities that take place in and around Vilseck throughout the year.

It is my intention that the American and German citizens get to know each other, develop deep friendships, and share our rich cultures.

I wish all of you a great stay here and hope that you get cozy and enjoy your new "home away from home" in our community.

Take the opportunity to go shopping in our stores and dining in our restaurants, pubs, and guesthouses. Experience fully the Bavarian way of life.

Be sure to visit the surrounding areas and the county (Landkreis) Amberg-Weizbach.

The German population view you as appreciated guests; the German-American friendship is closely anchored in our region.

If you need help, advice, or assistance I invite you to call our city administration at 09662-990 or e-mail us at poststelle@vilseck.de.

Kind regards,

Mayor of Vilseck
Hans-Martin Schertl



Schertl

Become a part of Grafenwöhr with local contacts, clubs

Dear American friends, I cordially welcome you to our city and its incorporated communities.

I hope you have made your new home in a lovely city worth living in and that you will soon make new friends through personal contacts or one of our many clubs. I also hope that Grafenwöhr will soon become a new hometown for you.

It would be nice if you participated in our various social activities. An interesting range of clubs is available to you. Get involved with our community, churches, charity activities, and social services.

Enjoy the local and international food offered by our many hotels, restaurants, and bistros. Our specialty stores and local service providers offer you a variety of high quality products and services.

Our bilingual (German/English) city information brochure is "user friendly." It is

available free of charge at the town hall and will provide you with historical insight into our region. It will also draw your attention to numerous sites of interests.

Additionally, it lists all the information you need to get in touch with local

authorities, schools, clubs, and other important public organizations.

I hope that you will enjoy living in the City of Grafenwöhr and that you will soon feel at home here. I wish you and your families a pleasant stay.

Sincerely,

1st Mayor of Grafenwöhr
Helmuth Wächter



Wächter

" I hope that you will enjoy living in the City of Grafenwöhr. "

Enjoy international fare at Hohenfels

A cordial welcome to all American citizens of our community. For 55 years, Germans and Americans have lived and worked together as neighbors peacefully and in friendship here in Hohenfels.

Many enduring relationships have been formed during this half-century. We look forward to you helping us to continue this proud tradition.

I would like to invite you to use existing

organizations, including the German-American KONTAKT Club, to get to know as much as possible about your new home.

Naturally, you are invited to all events and festivals in our community.

We look forward to seeing you.

I wish all newly arrived American friends a speedy acclimatization and a pleasant stay here with us in Hohenfels.

Sincerely,

Mayor of Hohenfels
Heinrich Boßle



Boßle

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Travel

Getting Adjusted

Enjoy the adventure of a lifetime!

The language you hear being spoken animatedly around you isn’t English – or perhaps not the English you’re used to.

Weekend plans call for you to visit a medieval castle an hour or two down the road. And ice isn’t served with your Coke at the small restaurant across the street that dishes up great kebabs and crispy fries topped with mayonnaise. Suddenly it hits you. You don’t live in the United States anymore. Your new home is in Europe. Take a deep breath, exhale, and smile. You’re on the adventure of a lifetime.

That’s not to say that there won’t be times when you wish you could dash down to the local convenient store at midnight to pick up a six-pack of your favorite beverage without having to figure out the right change in a new currency.

But times such as those will probably pale in comparison to the excitement of actually visiting a real castle – and probably more than just one – during your stay in Europe.

Or to the enjoyment of eating an authentic Italian pizza, visiting a nostalgic German Christmas market, seeing Big Ben strike noon in London, touring Amsterdam’s canals, buying chocolates and lace in Belgium, whale watching in Iceland, or sunning on a Spanish beach.

Dare to try new experiences. Go to a pub, watch the Euro Vision pop song competition on European TV at the end of May one year, and shop at the weekly open-air market in your village town center.

“ You don’t know a country until you know some of its people, and living off base is a wonderful opportunity to see and experience life through the locals’ eyes...”

Use your barely remembered high school German to talk to your next door neighbor, and you’ll probably find you’ve remembered more than you thought – and with your neighbors help, you’ll learn even more.

In some areas of Germany particularly, though, you’ll discover that the locals want to practice their English, and you may struggle to get in a few German phrases here and there in a conversation.

Intercultural commentator Ann Wells has good advice for Americans who simply want to be understood: “Learn the art of speaking slowly and in small phrases. If you ask a non-English speaking conductor, ‘Is this the train I need to take to Berlin?’ Basic, universal words like the names of places, ‘coffee,’ and ‘pizza’ can go a long way with a few hand gestures.”

Less obvious and more subtle than language issues are cultural differences you’ll encounter.

“It’s a common thing for humans to assume that they value the same things, and will behave in the same manner,” points our Loredana Volpe, intercultural relations advisor at the Fleet and Family Support Center, Naval Support Activity Naples, Italy.

In southern Italy, for example, Americans are often taken aback initially by the Italians’ tendency to stand close to them when they speak.

“It’s just a culture difference,” Volpe says.

Make friends in your off-base neighborhood. You don’t know a country until you know some of its people, and living off base offers a wonderful opportunity to see and experience life through the locals’ eyes.

Even if you live in military housing, walking your dog, shopping off base, frequenting a favorite restaurant or joining a local sports team on the economy will give you the chance to interact with locals – don’t pass up the opportunity.

You might even find that cricket is really your game – or that soccer is the *true* game of football.

Soak up some of the local lifestyle. In Mediterranean countries, like Italy, Spain, and Greece, the lifestyle includes keeping later hours.

While the typical military work day prevents enjoying too much of a good thing during the work week, the relaxed approach to life and the Mediterranean appreciation of good

company, food, and drink has its strong points when compared to the more frantic, time-crunched lives we Americans lead.

Tucking your house in at night by rolling down the marvelous window shades called Rolladen that Germans use to protect their late night and early morning privacy will come to feel like a lifelong habit.

And occasionally taking your well-behaved pooch along to dinner with you at an outdoor restaurant will seem like the most natural thing in the world.

Be a good ambassador. Americans have a reputation in some quarters overseas for being load, intolerant of others’ views, and unable to appreciate any cuisine other than burgers. Prove them wrong.

Keeping in mind the world security situation as well as your unofficial ambassadorial role, leave your military unit T-shirts and Army-branded sweat gear at home or in your gym locker when you venture off base.

Combat gear such as camouflage pants are certainly high fashion at the moment overseas, but sticking with your favorite jeans and non-culturally specific T-

shirts will help you blend in better with an international crowd.

Travel, travel, travel. Rarely does an American have the chance to visit so many countries with so little difficulty at comparatively so little expense.

Tour companies doing business with the U.S. military in Germany are well-known for offering tours that take travelers to multiple countries in a day or two. And where in the States could you match the geographic advantage that Army community members enjoy in Schinnen, Netherlands?

Conrad Payne, former financial readiness program manager at Schinnen’s Army Community Services, explains: “This section of the country contains the only mountainous portion of the Netherlands, where you can be in Belgium, Germany, and the Netherlands at the same time – it’s a place where the three countries come together called the ‘three land point,’ or in Dutch, ‘drie land punt.’”

So whether you take the Autobahn in Germany, the motorway in England, autopista or autovia in Spain, a Dutch autoweg, or Italian autostrade – hit the road for those incredible adventures.

As Dorothy told us in “The Wizard of Oz,” there’s no place like home. But chances are, your European home, friends, and experiences will claim a big chunk of your heart before it’s time to go back to Kansas.

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Off-base shopping a unique adventure

When you take your first shopping trip on the German economy, you will probably experience a mild culture shock upon entering a local store.

How do you buy a pair of shoes, a dress, or a shirt, when the sizes range from 56 to 176!

To top things off, if you’re buying groceries, you’re expected to bag them yourself, and with your own bag.

The German shopping system does seem unfamiliar at first, but the differences between German and American stores are really few. Most items are packaged about the same; the major difference, you’ll find, are the measurements.

Take a dictionary

It’s a good idea to take along a pocket dictionary when shopping so you can read and understand labels. You could be in for a surprise by buying an item thinking its one thing, only to find out later at home it’s another. All over Europe, the metric system is used.

The large department stores and supermarkets in Germany will have almost everything to satisfy needs, and shopping will

be quite simple once you learn your way around measurements.

Don’t assume that everything is cheaper in the commissary. Fruit and vegetables, in season, are often cheaper and of better quality on the economy.

Don’t handle produce

When shopping for produce on the economy, either in small villages or in the marketplaces, you’re not supposed to handle the produce.

This is not the case in supermarkets where you make your own selections.

Keep in mind that you are often expected to bring your own shopping bag to bag your own groceries. Most of the larger stores have bags available, but they’re not free.

Prices in the stores are fairly standard, but it’s not possible to bargain for items. At the same time, retail pricing is not followed as uniformly as in the United States. The same item can be found selling for different prices at several different places, so it pays to shop around.

On entering a shop, the proprietor or owner usually greets you and will also say goodbye when you leave. It’s courteous to return these

greetings.

Opening hours change

Up until the early 1990s, store hours were regulated by German law to protect the interests of the shop owner. This is not changed so that the larger stores are usually open longer during the week and on Saturdays.

On Sundays, shops and stores are only open during special events. If you’ve forgotten something on Saturday, don’t expect to pick it up on the economy on Sunday.

Discount sales have become almost as common as in the Untied States, but good bargains can still be found at the end of a season.

Clothing is generally a bit more expensive on the economy, especially for select items, such as blue jeans. Keep in mind that the cut and fit of European clothing is different, so the size comparisons may not always be exact. Do as you would in the United States, try the item on before buying it.

New measurements take a little time getting used to, but once you’ve shopped a few times on the economy, you’ll really begin to enjoy it, as the selection is so much larger than on post.

Save money with tax off

Relief from the 16 percent value-added tax (Mehrwsteuer) can really make a difference when shopping for more expensive items. To take advantage of this, however, the correct procedure must be followed.

If the bill is less than 2,500 Euros, just use the form provided by the tax office. To simplify matters, you can buy up to 10 forms at a time.

Before paying, have the merchant provided you with a bill or invoice, “Rechnung” in German.

This bill must contain the total price, with the 16 percent tax included, the amount of tax, and the final price minus the tax.

Then go to the bank and have a check made out in Euro for the final purchase. If the items cost more than 2,500 Euros, take the check and bill to any tax relief office (at Vilseck, Bldg. 2203), where the staff will do the necessary paperwork.

Then, return to the merchant with the check or receipt form and pay the bill. The form should be stamped and signed by the merchant and returned to the tax relief office.

Ready for a dip? Authorized Swimming Areas in Vilseck, Grafenwoehr, Hohenfels abound !!!

Amberg:	Kurfuerstenbad, Hockermuehle	Illschwang:	Schwimmbad	Edelsfeld http://www.greifenwirt.de/
Auerbach:	Schwimm-Sol-A-Sim; Hallenbad	Kastl:	Schwimmbad	- Public Pool at Hotel zum Goldenen Greif, Tel: 09665-9149-0
Bayreuth:	Stadtbad; Kreuzsteinbad; Freiluftbad	Kuemmersbruck:	Hallenbad	Kümmersbruck http://www.kuemmersbruck.de/start.htm
Eschenbach:	Hallenbad	Neustadt/Waldnaab	Schwimmhalle	- Hallenbad, Tel: 09621-708-35
Grafenwoehr:	Waldbad	Parsberg:	Schwimmhalle; Wellenbad	Eschenbach www.neustadt.de >Bürgerservice>Hallenbäder
Hahnbach:	Hallenbad	Regen:	Schwimmbad	- Public Pool at German School, 09645/1206
Immenreuth:	Outdoor Pool	Rieden:	Schwimmbad	Hahnbach http://www.hahnbach.de/hallenbad.php
Kemnath:	Schwimmhalle	Roetz:	Schwimmhalle	- Public Pool at German School, Tel: 09664/9134-70
Mitterteich:	Freibad	Schnaittenbach:	Waldbad	Auerbach http://www.auerbach.de/sport.php?art=baeder
Pegnitz:	Freizeitzentrum; Schwimmhalle	Schwandorf:	Schwimmbad	- Hallenbad, Tel: 09643-2030
Sulzbach-Rosenberg:	Hallenbad; Waldbad	Stamsried:	Schwimmbad	Kemnath http://www.kemnath.de/bad/index.html
Tirschenreuth:	Freibad; Hallenbad	Velburg:	Badesee	- Hallenbad, Tel: 09642- 625
Vilseck:	Hoehenschwimmbad	Waldsassen:	Schwimmbad	Weiherhammer http://www.weiherhammer.de/
Weiden	Thermenwelt; Schaetzlerbad	Burglengenfeld:	Schwimmhalle; Schwimmbad	- Hallenbad, Tel. 09605/559
Weiherhammer:	Schwimmhalle	Kelheim:	Kelderado	Neustadt / WN http://www.neustadt-waldnaab.de/
Windischeschenbach:	Freibadeanlage	Neumarkt:	Hallenbad; Schwimmbad	- Hallenbad, 09602-37345
Beratzhausen:	Schwimmbad	Regensburg:	Hallenbad; RT Schwimmbad;	Pegnitz http://tourismus.stadt-pegnitz.de/freizeit1.htm
Breitenbrunn:	Schwimmbad	Westbad		- Hans-Scheuerlein-Schwimmhalle, Tel.: 09241-3579
Burgwallbach:	Burgwallbacher See			Pottenstein http://stadt.pottenstein.de/juramar.php
Dietfurt/Altmuehl:	Schwimmbad			- Juramar, Tel: 09243- 903166
Freudenberg:	Schwimmbad			Bayreuth - Stadtbad, Tel: 0921-600-382
Hirschau:	Monte Kaolino Schwimmbad			http://www.bayreuth.de/sportstaetten_baeder/stadtbad_173.html

Indoor pools less than a one-hour drive from Vilseck:

Amberg <http://www.kurfuerstenbad-amberg.de/>

- Kurfürstenbad, Tel:09621-603-830

Weiden Thermenwelt, Tel. 0961-38933-19

<http://www.stadtwerke-weiden.de/thermenwelt/allgemwtw.htm>

Opportunities exist for persistent job hunter

You're half of a dual-career family, and your other half has a new job in Europe.

Your career may take a little longer to get off the ground than you would like, but don't give up – opportunities do exist for the flexible, persistent job hunter. And in a few communities, public-private sector partnerships are increasing career opportunities for military and civilian spouses.

On base

If you're a U.S. citizen, your options for on-base employment run the gamut of professions, position types, and pay. Competition for career-oriented, administrative or managerial positions in the GS (appropriated-fund) system is intense.

But if you're interested in retail, child care, food service or MWR customer service, your options may be better.

Other opportunities are available also through on-base contractors such as the higher education institutions, banking and credit unions, and vendors supplying your military exchange. And if you are interested in teaching, your local Department of Defense Dependents Schools may be recruiting substitute teachers.

"I encourage people to volunteer at a place they're looking to work at, in their field of interest," says Darlene Baguso, spouse employment assistance manager in Naples, Italy. "They'll be able to make contacts,

enhance their resume and skills until employment comes along."

Additional hurdles

(Non-U.S. citizen spouses, particularly those from non-NATO countries, face additional hurdles. For specific information, check with your local CPO or NAF Human Resources Office.)

Perhaps you'd like to work from your home. If you live in base housing, there will be some restrictions on the kinds of businesses you can operate, and you cannot use your APO/FPO mail privileges for your business.

Running a business in your off-base housing may make you vulnerable to local taxes. So be sure to check with base housing and legal authorities before you set up shop.

On the economy

In some European countries such as Italy and Spain, working on the economy is not an option for American spouses of DoD personnel under the various Status of Forces Agreements.

The Netherlands, Germany, and United Kingdom, however, are some countries in which the SOFA allows accompanying spouses to work off base.

Work permit

In Germany, working off base is also an option for family members of active-duty military and civilians.

Your career may take a little longer to get off the ground than you would like, but don't give up!

However, they are required to obtain a German work permit, which they must apply for on receiving an offer of employment.

In the United Kingdom especially, language isn't an issue.

Better yet, the two Navy communities in the United Kingdom will be the first – and probably only – sites in Europe to benefit from a new Navy program aimed specifically at helping spouses work off-base and maintain careers as they travel around the world.

Employment services

Adecco is the largest employment services company in the world. Through the Adecco Career Accelerator Program, military and overseas, civilian spouses can receive career counseling and training from the company's recruiters who place the spouses in available positions at Adecco's client locations, at no cost to either the

military or the spouses.

Work available includes clerical, administrative, data entry and financial through call center, engineering, IT and light industrial. With Adecco as the actual employer, the spouses then can take benefits they earn such as vacation and sick pay, 401(k) and tuition assistance and a career track record to different locations around the world.

If you do find a job on the economy, be sure to ask the base legal office about your tax situation, and if any of the money you pay into that country's health or social care system can be redirected to Social Security after you leave employment.

The job search

In launching your job search on or off base, put your most professional foot forward by crafting a tightly written resume that emphasizes your key strengths and clearly outlines your depth of experience.

Get advice from your Army Community Services office of Family Support Center on the best way to present your unique talents and skills.

Consider the arrangements you'll make for childcare and transportation for yourself to and from work.

While on-base employers particularly will be sympathetic toward your needs, make the most professional impression possible by having solid plans to deal with these

Helpful Web sites

The Civilian Human Resources Agency
www.chra.eur.army.mil
AAFES Employment
<http://odin.aafes.com/employment/default.asp>
Stars & Stripes Career Center
www.estripes.com/webpages.asp?id=107
Federal Government Source for Federal Jobs
www.usajobs.opm.gov
Defense Commissary Agency Jobs
http://www.commissaries.com/inside_deca/HR/employment_opportunities.cfm

everyday challenges before you start a job.

Have your own brilliant career while in Europe.

International experience always adds extra oomph to a resume once you've returned stateside.

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Been there, done that! Job wait requires patience, networking

I started working when I was a sophomore in high school - not because my parents made me, but because I wanted to buy a car when I became "of age," and if I was going to have one, the payment would come out of my pocket.

I really hadn't stopped working since then. That is, until our PCS to Germany last year.

Once we got housing, I unpacked our household goods. I scrubbed and cleaned everything in our house multiple times per week. I became good friends with Oprah, Dr. Phil, and those Charmed sisters.

I also practiced the fine art of meal planning and coupon clipping because we were suddenly a one-income family.

I believe I was a little delusional when it came to moving to Germany. I imagined that it would be quite simple for me to move to a new country, spend a little time settling in, and then I would find the most amazing job *ever* and spend my weekends traveling around Europe.

The traveling part came quite easily. The job... well... not so much. Months went by, and I became more and more concerned about how I was now a "non-productive member of society."

That became my catch-phrase anytime friends and family from back home asked how I was doing. I needed a job. I *wanted* a job.

The several-month vacation from working was *not* in my plan!

I scoured the Civilian Human Resources Agency European Region Web site ("CHRA," for short) frequently.

I applied for several jobs, and received the automated response about how I was "not referred for the position because my resume did not reflect the types of skills requested by the selecting official for this position."

I was applying for administrative jobs and clerks positions. I was working on my Master's Degree for goodness sake!

And I don't meet the criteria for being a secretary? After being devastated for the umpteenth time, I ran across an advertisement for an ACS program – Employment Readiness.

Little did I realize how much easier the job search became once I had the proper tools.

You see, finding a job in Germany is very different than finding a job in the States.

There isn't a "help wanted" section in the Sunday paper where you can circle potential jobs with a red pen.



Susan Roberts
Employment Readiness Counselor

"The average time to find a job on post is approximately six months from the date you first start looking."

and job interview skills. When you take a Resume Writing / RESUMIX class, you will be provided with

Instead, most of the information about jobs here in Germany is found either online, or by word of mouth.

When looking online, you will most probably want to start at the "CHRA" Web site, which can be found at <http://www.chra.eur.army.mil>.

There, you will find positions that fall under the categories of Appropriated Fund positions (commonly referred to as "GS" or "General Schedule" positions), Non-Appropriated Fund positions (jobs that are supported by MWR activities), and Local National positions (jobs available only for non-U.S. citizens).

Also, there are positions available through AAFES, other vendors on post, the commissary, or even contracting jobs.

Does it all sound a little too confusing? You can find out more information about all of these different types of positions from your ACS Employment Readiness counselor - me!

The Employment Readiness program offers one-on-one counseling, classes on Resume Writing/RESUMIX,

AFN Bavaria bringing audiences the music they love, shows they miss

by Sgt. 1st Class **MARCIA TRIGGS**
AFN-Bavaria Station Manager

"We want to make you feel at home."

That statement summarizes the mission of American Forces Network Bavaria. One of 11 AFN affiliates Europe-wide, AFN Bavaria provides the U.S. Army Garrison Grafenwoehr community with stateside quality news and entertainment.

Local disc jockeys provide the community with 12 hours of live music, news and local information weekdays from 6 a.m. to 6 p.m. The most popular hits of today, the 90s and 80s are blended together so that every hour has a little something for everyone.

The AFN Bavaria staff recently earned the coveted Thomas Jefferson Award for producing the No. 1 local newscast in the Department of Defense.

A team of civilians and soldiers

creatively package the most up-to-date and interesting events in the community into a seven-minute segment. The newscast airs weekday evenings at 6:23 and 10:23 p.m. on AFN Atlantic or Channel 17 on decoders.

The staff's primary goal is to use its radio and television assets to be a voice

for the commander, promote local community events, and highlight special achievements of units and individuals.

There's no excuse not to know what's going on in the community. AFN Bavaria's Web site, www.afneurope.net/Bavaria, has a community calendar, updated weather and traffic information, and its newscast.

American Forces Radio and Television Services located in Alexandria, Va., provides regulation and guidance to all AFN affiliates. AFRTS decides what music DJs play

and what shows air on its nine network channels.

Currently some of the most popular shows airing are Girlfriends, Survivor and The Daily Show with John Stewart. For more information on AFN Bavaria and AFRTS programming here are some of the most frequently asked questions.

Q: What radio frequency can I find AFN Bavaria The Eagle?

A: The Vilseck, Grafenwoehr and Amberg communities can pick up AFN Bavaria the Eagle on AM 1107 and AM 1485 for Hohenfels.

Q: How can I get AFN to do a story on my unit?

A: Go to www.afneurope.net/Bavaria and fill out a request form.

Q: What should I do if I'm having problems with my AFN television services or decoder?

A: Call 062146-085444.

Q: Why won't my radio pick up some AFN stations in Europe?

A: U.S. stations are only authorized by the Federal Communications Commission to use frequencies in the U.S. like 97.1, 101.3, 106.9 (the number after the dot is an odd number). However, in

Europe host nation regulators also allow even-numbers-after-the-dot frequencies to be used (e.g. FM 104.6, 106.2 etc.).

Also, on the AM side, stateside stations can only use even numbered frequencies (e.g. 860, 1070 etc.) However, European radio also uses odd numbered frequencies (e.g. 873, 1267 etc.).

If you have a U.S. radio, chances are that unless you can manually tune it, it will only lock on the odd number FM frequencies and even numbered AM frequencies in Europe. Unfortunately, we have no say in which frequencies overseas AFN affiliates are assigned by host nations. Best thing to do is use a European radio when in Europe.

Q: Who provides your television programs?

A: The AFRTS Broadcast Center negotiates with program suppliers for specific shows. However, suppliers must be willing to make their programs available to AFRTS at no cost or for a nominal administrative fee. If AFRTS cannot negotiate for the distribution rights to a program, it cannot be broadcast.

Q: Why don't you broadcast stateside commercials?

A: Broadcasting commercials on AFN would put us in competition with local television and radio stations. Most host nation governments would not authorize transmission frequencies to AFRTS stations if commercial announcements were broadcast. We can't even promote membership drives for organizations requiring dues or a monetary fee for joining.

Q: Why are some programs on AFN FAMILY not appropriate for all of my family members?

A: AFN Family serves a demographic of 2-17: programs for children air mostly during the day. However, primetime will find programs scheduled for the older teenagers. It is the continuing responsibility of parents to monitor their children's viewing. The bigger point is that each of our channels serves mostly an older demographic. We have to let our audience know that AFN, just like stateside TV, isn't a place where young children can be left without supervision.

For information on how to set up your AFN Television Decoder, visit http://www.afrts.osd.mil/tech_info/page.asp?pg=\handbook\handbook

See Page 17 for information on how to obtain cable and satellite TV

Keep up to speed on school info with 'SLO'

School liaison officer your point of contact for your school needs

by "SCHOOL" STEVE VOJTECKY
USAG Grafenwoehr School Liaison Officer

The United States Army Garrison Grafenwoehr school liaison officer provides information and assistance to schools, parents, students, and commands in Vilseck and Grafenwoehr.

Contact can be made through the USAG Headquarters in Grafenwoehr at 475-1770 or 475-1300, or Child and Youth Services at 476-2760. At Hohenfels, call Michele Wolff at 466-2783.

SLO services include information and referral on all school-related activities, including children and youth programs, home and host nation schooling, command support for education, student advocacy, transition information to and from OCONUS, Free and Reduced Price School Meal program, and other youth and education related matters.

The SLO e-mail is steve.vojtecky@us.army.mil "School" Steve is the Grafenwoehr and Vilseck SLO.

SLO GOALS

- Help families and children
- Keep Commands informed
- Keep schools informed
- Partner with DoDDS, Parents, Students, Commands
- Safety, Respect, Learning

4 Cs for school success for students and parents

- Curriculum. Know the curriculum. Check out www.dodea.edu.
- Classes. Visit classes and offer to help.
- Conferences. Attend parent-teacher conferences.
- CYS. Register and participate in Child and Youth Services programs.



Contact
"School
Steve" by
e-mail or
call DSN
475-1770.

FREQUENTLY ASKED QUESTIONS?

Reduced / Free School Meals

Applications are available and can be submitted at each school.

Eligibility is based on family size and income. All families must apply (and re-apply) every year.

The school liaison officer, or SLO, administers this program. <http://www.fns.usda.gov/cnd/lunch/>

Children & Youth Programs

Information, contact numbers, POC information, schedules, and registration procedures for Child Development Centers, School Age Services, Teen Centers, Youth Sports & Fitness, SKIES Instructional Programs, Child Home Alone Training, and FCC Providers can be obtained through CYS Central Registration at 476-2760 (Bldg. 224, Vilseck) or 475-6656 (Bldg. 244, Grafenwoehr).

Employment

Information can be obtained from the DODEA Web site for full-time teaching positions and from the local school for substitute teachers, classroom aides, administrative assistants, supply clerks and other positions. www.dodea.edu

Homeschool, German School

Sponsors of children ages 6 to 18 who do not attend a DoD school are required:

1) to complete the one-page parental choice form (AE Form 352-1B) that is available from the School Liaison Officer (475-1770); and

2) to return the signed form to the School Liaison Officer (Grafenwoehr, Bldg. 621).

Sponsors should complete the form within 30 days of arrival in the community or within 30 days of withdrawal of a student from a DOD school.

Kindergarten

Both elementary schools offer full day kindergarten classes. Students must be age 5 by Oct. 31 to be eligible.

Special Education

There is a formal screening process that addresses both medical and educational need components for dependents enrolled in EFMP.

If they have not done so already, the EFMP office at your current base will be requesting information which will then be forwarded on to the EFMP/ERMC office in Heidelberg, and they will send the educational information on to the DODDS Europe Office for review.

When we send the results back to Heidelberg, they couple our input with what they receive from medical, then make a recommendation to personnel/ the gaining command, which makes

the final decision on whether or not to approve travel.

Sometimes families will request information on service availability directly from DODDS Europe if they are looking at a variety of assignment options.

While this does not substitute for the formal process outlined above, we are happy to provide that information. The educational recommendations can only come from the centralized DODDS Europe Office, rather than from the schools.

To give you feedback on whether or not appropriate services are available at Vilseck, we need to request a complete copy of your child's current IEP and the DD Form 2792-1.

Our confidential fax number from the States is 011-611-380-7458, or DSN 314-338-7458. Or you can e-mail the documentation to us at DODDS-Europe if you prefer.

There is a preschool at Vilseck, but because there are different levels of preschool services available at different locations, we cannot determine whether or not the services at Vilseck are comparable to the ones your child is currently receiving without reviewing the IEP.

Supervision Policy

The Department of Army Installation Management Agency Policy on Child-Supervision Guidance is available from CYS, ACS or SLO and can assist parents and other community members in safeguarding children.

Transportation, Busses

Students living off-post are transported to and from school using our local school bus system. Parents should immediately visit the School Bus Office for information on bus stops and student bus passes.

Volunteers

All volunteers who work with children must annually complete a background application through the Volunteer Coordinator at Army Community Service (476-2650) and be cleared to work with children.

Volunteers should also periodically report volunteer hours to ACS.

School Web sites

Detailed information on Vilseck Elementary School, Grafenwoehr Elementary School and Vilseck Middle High School is available at each school's Web site.

School Web sites can be found at: www.eu.dodea.edu/all.htm

Vilseck Middle High School

<http://www.vils-hs.eu.dodea.edu/>

Vilseck Elementary School

<http://www.vils-es.eu.dodea.edu/>

Grafenwoehr Elementary

<http://www.graf-es.eu.dodea.edu/>

Grafenwoehr Middle School opens August 2006 (check VMHS now).

Hohenfels Elementary School

<http://www.hohe-es.eu.dodea.edu/HohenfelsMiddleHighSchool>

<http://www.hohe-hs.eu.dodea.edu/>

WIC Services

All parents with children under age 5 should be aware of this very helpful program.

Contact the WIC Office in Vilseck at 476-3790 to determine if you are eligible for this program that provides supplemental nutritious foods, nutrition education and referrals to other health agencies. The program can save you money.

Customer Evaluation

All garrison customers are encouraged to provide direct feedback to organizations and managers on post.

A computerized option is also available through the installation's Interactive Customer Evaluation, or ICE, system located at ice.disa.mil

Reduced, free lunches available for 2006-07 school year

by "SCHOOL" STEVE VOJTECKY

USAG Grafenwoehr School Liaison Officer

School begins Aug. 28, and school lunches will begin the same day.

Reduced and free lunches are again available to eligible students, but you must apply in advance.

If you were enrolled last year, you must still reapply every year. In-processing families should enroll upon arrival.

Applications are available at each school and can be dropped off at each school. However the schools do not process the applications. The schools help collect the applications for the SLO.

You will be notified by mail of your eligibility status. Letters will be sent out after July 20.

If your child is eligible for free or reduced meals, you will take approval letter to the AAFES Customer Service in the main PX in Vilseck or to the Grafenwoehr Shoppette.

Drop the completed application off at your school. You can use one application for students at several schools.

Please do not send applications with children—I never receive them. The best method is for parent to drop the application off at the school with the required documentation.

AAFES has an automated payment system that can begin on the first day of school if families have applied in advance. Free and reduced families must use the system.

Full priced families have the option to use the system or pay cash. Check with the AAFES Customer Service for details.

Processing your application, verifying income, determining eligibility, mailing you a letter, will take about seven days. Please apply before school begins.

If your application is not complete (signed with proper documentation), the process will take much longer. The process stops until a complete application is received.

Application process

Pick up application from schools or the U.S. Army Garrison Grafenwoehr Headquarters.

Fill out the application, please include all information especially phone numbers and CMR mailing address. You must put something in the annual income boxes for service member, and for spouse. If there is no spouse put "None."

Always attach a copy of a current military or civilian LES. Also attach a copy of proof of any other income (AAFES payroll check stub, child support statement, kinder geld, German employer slips, etc.).

Submit completed application and verification documents to schools or to School Liaison Officer.

If you are eligible, coupons are free for free lunch and 40 cents per meal for reduced.

Some important reminders:

■ Total number in family means number of persons actually living here. It does not include children in the States, even if child support is being paid. Family members must reside here locally with service member or civilian employee to be counted. A deployed soldier is counted as living here.

■ If income or family size changes, you must submit a new application. Examples of size changes include a spouse accepting employment, promotion, special pay status begins, or having a baby. Changes must be reported within 30 days. BAH is no longer counted as income!

■ Income is defined as any money coming to household. All income or money to spouse, service member or civilian employee is counted. Income also includes child support payments, kinder geld, any funds received.

■ Free-Reduced coupons can not be used by other than eligible recipients. Applications are subject to audit.

For more information, contact School Liaison Officer "School" Steve Vojtecky at steve.vojtecky@us.army.mil or at 475-1770, or in Bldg. 621, Grafenwoehr. At Hohenfels, call 466-2783.

Mistakes that delay processing

No phone numbers or incorrect phone numbers on applications (your general duty number is not a good number if you are not there and out working). Home or cell numbers are the best contact method.

No CMR address on the application.

The blocks for annual income are not checked—specifically spouse income—if spouse does not receive kinder geld, child support, retirement pay, and has no income, then put Zero. If there is no spouse, put "None." If there is money coming in—put the amount in the block or if you are not sure what to put in the block, write "see note" and attach a note telling me the situation.

About half the applications I receive have no comment, nothing in the spouse block—that stops the application until I can speak with you.

Do not wait until the first day of school. It is a very busy time and your application will not be processed in one day.

Apply NOW and your student will be ready to participate on the first day of school.

Tentative Enrollment at Graf/Vilseck '06-'07

Vilseck Elementary School

720-799 students, grades Pre-K to 5th, with Sure Start and Preschool for children with disabilities. Full-day Kindergarten. <http://www.vils-es.eu.dodea.edu/>

Vilseck High School

370-400 students, grades 9 to 12 (estimate 60 seniors). JROTC, CWE, Bavarian Arts Guild. <http://www.vils-hs.eu.dodea.edu/>

Grafenwoehr Elementary School

309-347 students, grades Pre-K to 5th with Sure Start and Full-Day kindergarten. <http://www.graf-es.eu.dodea.edu/>

Grafenwoehr Middle School

340-392 students. Grades sixth, seventh and eighth. Opens Aug. 28. Offering math and foreign language high school credits.

Useful Education Web sites

High School graduation requirements, 24 credits for Class of 2007 only. 26 credits for Class of 2008 and beyond. Visit www.dodea.edu/college/grad.htm

Sure Start Pre-School for eligible 4-year olds at GES and VES. Visit www.dodea.edu/instruction/curriculum/ece/sstart2.htm

AVID College Bound Program on VMHS Web page under Curriculum and Programs

2006-2007 School Calendar at www.dodea.edu/calendar/europe2006_07.htm

Special Education Visit www.dodea.edu/instruction/curriculum/special_ed/index.htm

Curriculum Guides for grades Pre-K to 6th at www.dodea.edu/curriculum/

DODEA/DODDS home page at www.dodea.edu

Driving in Europe is a privilege, not a right

We’ve all taken the orientation, we’ve taken the test and received our certificate of license to operate a vehicle in Europe, but remember it is a privilege to drive on European roads, not a right!

At times, especially when the test is behind us, we tend to take some of the privileges for granted, but here are a few tips that you might want to always keep fresh in mind:

1. Don’t run out of gas on the Autobahn! You can be fined for running out of gas so make sure you have an ample supply of fuel before you travel.

2. The parking meter is broken? What now? It’s okay to take the parking spot, just be sure you place the exact time of arrival on the blue parking disk and do not exceed the maximum parking time allowed that you would have paid for.

3. Did your car break down on the Autobahn? This can happen, just make sure that if you’re going to have it towed that you do not tow beyond the next exit. Be sure to exit on the right side of the vehicle and wait for assistance on the other side of the guard rail after setting up the warning triangle. It pays to be safe.

4. It is the law to have the first aid kit and a warning triangle with you vehicle at all times. Failure to produce either of the two can result in the face a suspension of their driving privileges by failing to ensure all drivers are wearing their seatbelts.

6. Though some parts of the Autobahn have no speed limit, the recommended speed limit is 130 kph. Having an accident at a higher than recommended speed can make the driver liable for part or all of the damages incurred.

7. As a USAREUR certificate of license holder, you automatically authorize authorities to conduct tests for alcohol and/or controlled substances. Failure to submit or complete such a request will result in the indefinite revocation of your driving privileges.

8. Traffic violations committed on the local economy will carry the same punishment that the local nationals are subject to (fines, points, suspension, revocation, etc.) USAREUR may elect to impose further punishment in addition to the recommended actions by local authorities.

9. Never sign anything at the scene of an accident unless you are absolutely 100 percent sure what it is you are signing. Police may ask you to sign a statement, but you are only required to provide the police with your personal information to establish your identity.

Source: USAREUR Pamphlet 190-34; www.bussgeldkatalog.de



Pay strict attention to road rules, or pay!

Increased fines now in effect, loss of driving privileges, points on license the punishment

More severe punishment can be expected for breaking the rules on German roads.

As of May 1, motorists are being charged increased administrative fines, including up to 250 €, a three month loss of driving privileges, and four points for tailgating.

According to information from the German Federal Law Gazette, the police are taking a close look at drivers who break the law.

That is only one of the many changes that will took effect May 1.

Until now the highest fine administered was 150 € and one month loss of driving privileges.

The administrative fine scale for tailgating begins at 40 Euro and goes up from there, and also with a speed off 80 kph (48 mph).

In addition, drivers who cross a rail crossing when blinking lights signal an oncoming train can be charged 150 €, and loss of driving privileges for one month. Those who find a way around a lowered rail crossing gate or half-gates will have to pay a 450 € fine and loss of driving privileges for up to three months.

Furthermore, the Administrative Fine catalog provides provisions for autos without sufficient equipment.

This includes poor visibility conditions (ex. when it is foggy), the proper function of the windshield wiper system, and driving with inappropriate tires for weather conditions.

During snow conditions, all vehicles should have snow (with a snowflake on the tire) or mud & snow (M&S) tires on them.

Motorists who are caught by the Polizei for driving with the the wrong tires (for example, summer tires during the winter) can expect to pay a 20 € fine. Motorists who get stuck during adverse weather conditions and block traffic will have to pay 40 € and collect one one point. Below is a listing of the new fines.

Source: German Federal Law Gazette

Driving while intoxicated				Speeding				Offense			
Offense	Amount	Points	Revoked driving	Exceeding	Amount	Points	Revoked driving	Offense	Amount	Points	Loss of driving privileges
0,5-1,09 Promille	250 Euro	4	1 Month					Entering Autobahn at any other than authorized entry point			
0,5-1,09 Promille	500 Euro	4	3 Months	Up to 10 km/h in the city limits	15			with endangerment to others			
(1. Repeated offense)				Up to 10 km/h outside city limits	10			Not paying attention to right-of-way when entering Autobahn			
0,5-1,09 Promille	750 Euro	4	3 Months	11 – 15 km/h inside city limits	25			Not driving in right hand lane and obstructing traffic			
(2d offense)				11 – 15 km/h outside city limits	20			Using emergency lane to accelerate			
Beginning with 0,3 Promille and endangering others/accident				16 – 20 km/h inside city limits	35			Turning around, driving in reverse, or driving in wrong direction: in entrance or exit			
monetary fine 7, at least 6 months				16 – 20 km/h outside city limits	30			on the emergency lane or on side strips			
Beginning with 1,1 Promille, monetary fine 7, at least 6 months				21 – 25 km/h inside city limits	50	1		on any lane of Autobahn			
Insufficient distance from car in front				21 – 25 km/h outside city limits	40	1		Offenses while passing			
Distance less than	Amount	Points	Revoked	26 – 30 km/h inside city limits	60	3	1*	Offense	Amount	Points	Revoked driving
Up to 80 km/h	25			26 – 30 km/h outside city limits	50	3	1*	Passing on the right inside city limits			
More than 80 km/h				31 – 40 km/h inside city limits	100	3	1	Without sufficient space on the side			
... half speedometer value	35			31 – 40 km/h outside city limits	75	3	1*	Increasing your speed while being passed			
... 5/10 of the half speedometer value	40	1		41 – 50 km/h inside city limits	125	4	1	While disregarding a traffic sign			
... 4/10 of the half speedometer value	50	2		41 – 50 km/h outside city limits	100	3	1	Passing on the right outside city limits			
... 3/10 of the half speedometer value	75	3		51 – 60 km/h inside city limits	175	4	2	Passing with insufficient speed			
... 2/10 of the half speedometer value	100	4	1*	51 – 60 km/h outside city limits	150	4	1	While possible obstructing the on-coming traffic			
... 1/10 of the half speedometer value	125	4	1*	61 – 70 km/h inside city limits	300	4	3	While disregarding a traffic sign or lane of traffic marking			
* more than 100 km/h				61 – 70 km/h outside city limits	275	4	2	w/ endangerment	125	4	1
More than 130 km/h				over 70 km/h inside city limits	425	4	3	Disregarding a stop sign			
... 5/10 of the half speedometer value	50	2		over 70 km/h outside city limits	375	4	3	Not observing a stop sign	10 Euros		
... 4/10 of the half speedometer value	75	3		* If during a period of one year (after final judgment), a second speeding offense of more than 25 kph is committed, the following penalties apply:				with endangerment	50 Euros and 3 points		
... 3/10 of the half speedometer value	100	4		No use of seat belts							
... 2/10 of the half speedometer value	125	4	1	Offense	Amount	Points		Violation of Right of Way			
... 1/10 of the half speedometer value	150	4	1	Not wearing seat belts	30			Taking the right of way	Amount	Points	
Illegal parking				Child not wearing seat belt	30			with obstruction	25		
Offense	Amount	Points		Driving with child not wearing seat belt	40	1		with endangerment	50	1	
Not parking to save space	10			Using cell phone while driving				Other			
Double parking	12			Offense	Amount	Points		Offense	Amount	Points	
Illegal stop on Autobahn	30			Using cell phone (holding in your hand) while engine is running	40	1		Driving without official or red (temporary) license plates	40	1	
Ignoring no parking zone	15			Using cell phone (holding in your hand) while riding a bicycle	25			Using fog lights with visibility of more than 100 meters	10		
– longer than 1 hour	25			Not wearing safety helmet				Passing in the emergency lane (on the right)	50	2	
Double parked	20			Offense	Amount	Points		Ignoring a policeman's sign/ request for you to stop	50	3	
Parking in a blind spot	15			Not wearing helmet while riding mortorbike	15			Covering your license plates (with glass or foil)	50	1	
– and blocking traffic	25			Child transported on motorbike w/o helmet	40	1		Doing away with accident traces prior to verifying scene of an accident	30		
Longer than 1 hour	25			Turning right on green arrow				Unnecessary driving back and forth through a town (“cruising”)	20		
– and blocking traffic	35			Offense	Amount	Points					
When blocking an emergency vehicle in the performance of their duties	40	1		Impeding cross traffic	35						
Fire station entrance	35			Endangering cross traffic	60	3					
– blocking emergency vehicle	50	1		No stop prior to turning	50	3					
Illegal park in handicapped	35			Red Light							
Illegal parking on Autobahn	40			Offense	Amount	Points	Revoked driving				
Trailer (without vehicle) parked for longer than 2 weeks			20 Euro	Continuing across the intersection without stopping	50	3					
Exceeded maximum time limit				endangering traffic	125	4	1				
– up to 30 minutes	5			Crossing across an intersection without stopping when the signal was red for more than 1 second							
– up to 1 hour	10			Amount	Points	Revoked driving					
– up to 2 hours	15			125	4	1					
– up to 3 hours	20			with endangerment	200	4	1				
– longer than 3 hours	25			Offenses on the Autobahn							
Exceeding time period for TÜV (inspection)/ASU (emission)				Departing Autobahn at unauthorized exit	25 Euros						
Offense	Amount	Points									
Emission testing											
More than 2-8 months	15										
More than 8 months	40	1									
Main inspection											
More than 2-4 months	15										
More than 4-8 months	25										
More than 8 months	40	2									

What’s the (number for) 9-1-1? That question isn’t quite as crazy as it sounds in Europe. The good news, if you have an emergency in Europe, is that virtually every country on the continent has the same number: 112.

Many countries have retained their former emergency numbers, as well.

BELGIUM Calls answered in Dutch, French or German. For police, you can also call 101; for firefighters and ambulances, 100.

GERMANY Calls answered in German. You can call 1 1 0 for police.

GREECE Calls answered in Greek, English and French. The former numbers are still available – 110 for police, 199 for firefighters, 166 for an ambulance. Parts of Greece have experienced problems with the new 112 number. Also, there is no “soft connection” (ability to dial emergency numbers when your phone is disconnected (for failure to pay) for the new number.

ITALY Calls answered in Italian and English. 112 is for the police. For firefighters, use 115; for an ambulance, 118.

NETHERLANDS Calls answered in Dutch and English.

NORWAY Calls answered in Norwegian and English. Use the 112 number for the police. For firefighters, dial 110; for an ambulance, 113.

PORTUGAL Calls answered in Portuguese, Spanish, English and French. The number 115 is also, temporarily, good. Call 117 to report a forest fire.

SPAIN Calls answered in Spanish. In tourist areas, English, French or German may be available. The old numbers are still used as well: 091 for police, 061 for an ambulance, 080 for firefighters.

TURKEY Though not in the European Union, Turkey has adopted 112, as well, for ambulances. Dial 110 for firefighters, and 155 for police.

UNITED KINGDOM Calls answered in English most places, in Welsh in Wales. You can also call 999.

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Scenic local roads ideal for leisure riding

Make note of subtle differences in motorcycle road rules for safe driving

by **BOB MCGAFFIN**
USAG Grafenwoehr Safety Specialist

For those of you who are motorcyclists, all I can tell you is that you are going to be living in one of the most scenic areas of Europe. Travel opportunities, especially by motorcycle, are world class.

The Alps are only three hours away and there are many other beautiful areas that are very close. As a testament to the beautiful scenery, some tour companies charge up to \$6,000 for a two-week vacation, and that doesn't include the airfare.

All of this beauty and opportunity does not come without a price.

Typical roads in Germany are much different than what you are used to in the state of Washington.

Secondary roads

It is unusual to find advisory speed road signs on secondary roads. In Germany there are set speed limits, depending on the type of road, and they are not normally posted unless there is a reduction in speed for a specific feature or road construction.

This simply means that you are very likely to encounter 30 mph curves on 60 mph roads with no warning or markings. This has been the Achilles heel for many Soldiers stationed here.

There is definitely a learning curve to be mastered. "Excessive speed for road conditions" is a common phrase on accident reports.



Motorcyclist will likely encounter 30 mph curves on 60 mph roads with no warnings or markings in Germany.

Courtesy photo

German drivers are aggressive and expect other vehicles to know the laws and to be proficient in operating their vehicle, motorcycle, or car.

Strict testing

A German motorcyclist must pay between 800 and 1,000 € for a motorcycle endorsement, and the training process includes 39 hours of road instruction in all weather conditions, and a written test where the questions come from a 5,000 question databank.

That entitles you to operate a 250cc motorcycle for the first two years. After that you can buy something bigger.

Protection

Most riders believe in buying good quality protective equipment and they wear it religiously. Of course, the weather makes that possible as we see the 80's maybe one week out of the year. Good riding weather is typically 50 to 70 degrees Fahrenheit, and the season typically runs from April 1 to Nov. 1 in our area, similar to Washington but with more snow and cold during the winter months.

The good news is that quality gear is cheap and readily available through several national retailers with at least 10 stores within a 60-mile radius of the Grafenwoehr/Vilseck area.

AE 190-1 is the regulation that governs the vehicle licensing and registration process for U.S. Army Forces in Europe.

Requirements

One of the requirements is that motorcyclists attend a MSF course every three years. MSF courses are offered monthly at the Grafenwoehr Training Area (GTA) and serve both the Vilseck and Grafenwoehr communities.

If you are approaching the three-year window this summer, a good idea is to obtain your renewal certificate before coming to Germany as our instruction capacity is limited and long waits can be expected.

You will not be able to obtain a U.S. Army Europe motorcycle endorsement without this course completion card.

The other piece of bad news is that you may not obtain the initial training required to obtain a stateside motorcycle operating license endorsement through a USAREUR installation MSF program in Germany.

When possible, obtain stateside endorsement before reporting for duty here.

Our MSF courses are taught by qualified MSF Rider Coaches, and we are always on the lookout for volunteers who exhibit the right mental skills to successfully administer motorcycle instruction.

**For more information, e-mail
SafetyGraf@graf.eur.army.mil.**

Increase safety with travel guidance

by **Maj. J. SCOTT GILLESPIE**
DPTMS Plans and Operations

Armey in Europe Travel Guidance has published recent changes for travel to countries outside Germany and pertains to all U.S. military personnel, DoD civilian personnel, non-DoD personnel traveling under DOD sponsorship (e.g., contractors). The guidance also pertains to family members.

DOD personnel who live in Germany and travel through or visit locations outside of U.S. controlled areas are more vulnerable to terrorist attacks, or other acts of violence.

It is essential that personnel maintain heightened situational awareness, a realistic plan to reduce their vulnerabilities, and connectivity with U.S. authorities responsible for their security.

Commanders

Commanders must maintain visibility over their military, civilian employees, and family members traveling in both official and unofficial status.

Commanders will ensure a means exists to notify travelers of any changes in the threat situation or security environment.

Below are general antiterrorism requirements for travel:

Commanders and supervisors who are the reviewing or approving authority for leave or pass requests will obtain current information of the visiting country prior to travel.

Current country information can be obtained through the following:

- Department of State (DOS) Web site at www.travel.state.gov
- Centers for Disease Control

- DODD Regulation 4500.45-G
- Foreign Clearance Guide (FCG)
- AE Regulation 525-13.

Personnel traveling outside of their country of assignment must be briefed prior to departure on the country-specific threats they may encounter, vulnerabilities associated with the travel, and security measures to reduce their risk.

This requirement is for any country where the terrorist threat level is considered significant or high, or where travel restrictions have been imposed.

Register your trip

Military personnel, civilian employees, and family members traveling unofficially are encouraged to register their trip with the U.S. Embassy or consulate nearest their destination through the Department of State (DOS) Web site at <http://travelregistration.state.gov/ibrs/>

Army in Europe sponsored conferences, large gatherings, or special events outside of country of assignment also require approval by the commanding general, 7th JMTC. Requests must be submitted to the DPTMS Force Protection Office no less than 30 days prior to event.

For more information, contact Conrad Cablay, Antiterrorism/Force Protection Office, at DSN 475-8825.

Useful Web sites:

- www.fcg.pentagon.mil (Provides information on country specific travel documents, prohibitions on wear of uniform, use of transportation, currency exchange, and country specific clearance requirements.)
- www.cdc.gov/travel/ (Provides health related information for various countries)

- http://jrapm.eucom.smil.mil/jrapm/app_uploads/aer525-13%nov05.pdf (FOUO document can be viewed via classified means at this address for those with SIPR access).

Top 10 tips

If you are traveling away from your area of assignment, here are the top 10 tips to make your trip easier:

1. Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport!
2. Read the consular information sheets (and public announcements or travel warnings, if applicable) for the countries you plan to visit.
3. Familiarize yourself with local laws and customs of the countries you visit. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.

4. Make two copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen.

Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.

5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.

Contact numbers

Also, keep a wallet size list of important contact numbers and understand any antiterrorism measures in place for the trip.

6. Do not leave your luggage unattended in public areas.

Do not accept packages from

strangers.

7. Prior to your departure, you should register with the nearest U.S. embassy or consulate through the State Department's travel registration Web site: <https://travelregistration.state.gov/ibrs/>.

Registration

Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency.

8. To avoid being the target of a crime, do not wear conspicuous clothing or expensive jewelry.

Do not carry excessive amounts of money or unneeded credit cards.

9. To avoid violating local laws, only deal with authorized agents when you exchange money or purchase art or antiques.

10. If you get into trouble, contact the nearest U.S. embassy.

Contact info

USAG G Emergency Phone Numbers

Grafenwoehr MP Station
CIV 09641-83-8319 / 7750

Vilseck MP Department of Emergency Services
CIV 09662-83-2490 / 2890

Hohenfels MP Desk
CIV 09472-83-2812
DSN 466-2812

What you need to know about claims

by **LINDA WHITE**
Vilseck Law Center

Upon arriving at the Vehicle Processing Center, you will be met by the contractor's agent who shipped your POV. You and the contractor's agent will conduct a joint inspection of the POV to note any loss or damage which occurred during shipment.

Be careful and be thorough. Any loss or damage not noted during the joint inspection will require written notification and explanation to the contractor why the damages were not noted at delivery.

In addition, your claim could be denied. Claims Service policy provides that obvious external damage that is not listed on the back of the DD Form 788 (Private Vehicle Shipping Document) is not payable.

Options in filing a claim:

File directly with the carrier, American Auto Logistics. Claims instructions will be provided to you when you pick up your vehicle.

File your claim at a military claims office. Claims instructions will be provided to you and your vehicle must be inspected by claims personnel.

File directly with your insurance provider. Claimants are not entitled to file a claim with and receive payment from both the Army and their insurance company for the same item. Filing a claim for the same item with both the Army and a private insurer can have serious adverse consequences for a claimant.

For information, call DSN 476-2240, or Grafenwoehr Law Center, Bldg 216, DSN 475-8428. At Hohenfels, call 466-2401 / 2402.

ADAC



The Allgemeiner Deutscher Automobil Club, or ADAC, is the German Version of our American Automotive Association, better known as AAA.

For an annual fee, motorists can join ADAC, or any emergency overseas roadside service organization, for extra driving protection.

For more information on ADAC, do an Internet search for "Allgemeiner Deutscher Automobil Club" and click on "Translate Page," beside the search results.

Or call the ADAC Autoverleih Ach in nearby Weiden:

24-hour telephone number: 0180-222-2222 Web address: www.autoverleih-ach.de

Single in Europe? BOSS raises quality-of-life standard for *you*

What is BOSS?
The Better Opportunities for Single Soldiers is a program that supports the overall quality of life for single Soldiers. The BOSS program encourages and assists members to identify and influence well-being issues and concerns that can directly or indirectly enhance their morale, living environment, or personal growth/development, and provide recommended improvements through the chain of command.

BOSS provides single Soldiers the opportunities to identify and plan recreation and leisure activities. Additionally, it gives them the opportunity to participate in and contribute to their respective communities. The core components, or Three Pillars, of the program are Recreation and Leisure, Community Service and Well-being (see below)

History of BOSS
BOSS was established in 1989 to respond to the recreation needs of single Soldiers, who made up 37 percent of the Army. As the program was implemented throughout the Army, it became evident that Soldiers' well-being was the primary concern for the single Soldier.

Who Participates in BOSS?
The BOSS program is targeted at *you*, the single Soldier. This also includes single parents and unaccompanied service members. Although the intent of the BOSS program is to provide recreation and leisure activities for single service members, events are typically open to all authorized MWR patrons.

What is the Single Soldier Role in BOSS?
The BOSS program is a single Soldier driven program. Single service members from major subordinate commands and separate units on an installation comprise the program and its committees. Single Soldiers have the opportunity to be local BOSS board members, unit representatives, or volunteers to assist in planning events and attending activities.

How Does BOSS Work? Installations organize a formal BOSS program. It includes a committee of single Soldier representatives from installation

BOSS Points of Contact
Grafenwoehr President:
Dawn Andreli at DSN 475-7402
Hohenfels President:
Emmett Jacquet at DSN 466-4248

units. Typically the installation command sergeant major serves as the senior military advisor to the council.

An installation MWR advisor is appointed to provide guidance in the planning of activities, financial accountability, and marketing.

The Department of the Army BOSS Circular (DA Cir 608-04-01 and AR 215) defines the roles of the chain of command and MWR personnel at all levels.

Issues Raised by BOSS
BOSS members are encouraged to identify both local and Army-wide well-being issues and concerns that affect their quality of life. These issues are thoroughly addressed during BOSS meetings to assess the issue and determine recommended improvements.

The issues are formatted and submitted to the senior military advisor to find a solution through the proper command channels or local staff agencies.

Issues that cannot be resolved at the installation level will be submitted to the installation Army Family Action Plan, or AFAP, forum.

If adopted by the local AFAP delegates and approved by the commander, the issues are then forwarded to the U.S. Army Garrison AFAP forum.

The next step, if adopted, is the Headquarters, Department of the Army. AFAP Conference where it can change laws, DoD and Army policies, and improve overall well-being programs and services.

Three Pillars of BOSS

Recreation
Recreation and leisure activities may be planned solely by the BOSS committee or in conjunction with other MWR activities. Soldiers assume the primary role in planning BOSS events. Events planned by these committees should meet the needs and desires of single Soldiers on the installation. BOSS committees have sponsored events such as single Soldier talent shows, concerts, dances, and trips. BOSS may also coordinate with the installation commercial sponsorship personnel when planning major events.

Community Service
BOSS committees often elect to participate in community programs or projects, which make a difference in the lives of others, the community, and ultimately, themselves. BOSS members have volunteered to take part in Special Olympics and school mentoring. Some committees have developed their own programs which include sending packages to deployed Soldiers and Boss Against Drunk Driving. This pillar is voluntary in nature and must be in accordance with the installation volunteer program.

Well Being
Well-being deals primarily with those things single service members can directly or indirectly influence to enhance their morale, living environment, or personal growth and development. Some of the issues addressed by the BOSS committees include dining facilities, education, fitness, and Army Air Force Exchange Service. Soldier's well-being issues raised during BOSS meetings are resolved at the lowest possible level. Tougher issues may and have reached four-star level for resolutions.



USAG Grafenwoehr Teen Centers offers fun activities for kids

The U.S. Army Garrison Grafenwoehr Teen Centers have many activities for youths between the ages of 12 and 18 to enjoy.

We offer social/cultural programs, recreation, and learning skills. Below are a list of some of the activities. Contact your local teen center for a full listing, hours of operation, and more information.

Basketball on an Outdoor Court
Outdoor Ping Pong and Picnic Area
Birthday Parties Monthly
Electronic Games and Large Screen TV
Arts and Crafts and Computer Lab
Billiard and Board Games
Ethnic Day Activities
4HFishing Club and Torch Club
Seeking Teens to Start Keystone Club
Skateboarding and Party Sound System
Cooking Tips and Periodic Outing Trips
Assist Youths In Learning German
Spanish Speaking Assistance
Beginners Photography and Rap Sessions

Grafenwoehr Teen Center
475-7441 (after 2 p.m.)

Hohenfels Teen Center
466-2159

Vilseck Teen Center
476-3144

religious services

Vilseck Community
476-1570

Catholic Congregation
Confession
10:20-10:45 A.M.
09:15-10:15 A.M.CCD
09:00-10:15 A.M.
11:00-12:00 A.M Sunday Mass

Protestant Congregation
09:00-10:00 A.M.
10:00-10:30 A.M.
10:30-11:30 A.M.

Lutheran Congregation
09:00 A.M

Episcopal Congregation
10:30 A.M.

Protestant Women of the Chapel (PWOC)
9:00-11:30 A.M.
Free Child Care

Catholic Women of the Chapel (CWOC)
09:00-09:30 A.M.
09:30-10:00 A.M.
10:00-11:30 A.M.
Free Child Care

Protestant Men of the Chapel (PMOC)
8:00 A.M.

Club Beyond (for kids)
Aretta R. Zitta, Community Director
MCYM/Club Beyond
Aretta.zitta@graf.eur.army.mil
Cell 016098769678

Grafenwöhr Community
475-1570

Catholic Congregation
Confession
08:15-08:45
9:00 A.M.
10:30 A.M.

General Protestant Congregation
10:30 A.M.
9:00 A.M.

Gospel Congregation
12:45 P.M.
11:30 A.M.

Protestant Women of the Chapel (PWOC)
9:00 A.M.
Free Child Care

Protestant Men of the Chapel (PMOC)
8:00 A.M.

Hohenfels Community
466-1570

Chaplain Family Life & Youth Center
466-4793

Family Life Chaplain / On Call Chaplain
466-4795 466-2819

Hilltop Chapel Center
466-1570

Main Post Chapel 466-2226 **Nainhof Chapel** 466-2226

All communities offer a variety of special programs which you are always welcome to participate in!
Watch for community announcements and come join us!

Register pets within two weeks of arrival

Veterinary Treatment Facility
The mission of the Vilseck Veterinary Treatment Facility is to provide full service veterinary care to military working dogs and limited full service veterinary care to service members and their families within the Vilseck and Graf communities.

All animals must be registered with the Veterinary Treatment Facility within two weeks of arrival, or obtaining the pet.

The hours of operation are Monday through Friday from 8 a.m. - noon and 1 – 4 p.m., and Thursdays from 8 a.m. - noon and 1 – 3 p.m. The VTF is closed on weekends, all federal holidays, and the last business day of the month. Hours of operation are not guaranteed and are subject to change at any time.

Services to privately-owned animals (canine, feline, rabbit, ferrets, guinea pigs) include:

- Health certificates
- Vaccinations
- Health checks
- Fecal exams
- Medical diagnostics (blood work, heartworm checks, X-rays)
- Dentals (routine cleaning, extractions)
- Surgical procedures (neuters, spays, lumpectomies, laparotomies, cystotomies, etc.)

All medical and surgical services are done at the discretion of the staff veterinarian.

Clients may be referred to the Germany economy if services cannot be provided due to time constraints or if the animal is in need of specialized care.

We do not provide extended or long term in-house care for any POAs.

All after-hours emergencies will be referred to off-post German veterinarians. A listing of local German veterinarians is available at the VTF.

All services provided by the VTF are by appointment only. Schedules for the appointments are opened three weeks in advance. This includes all surgical appointments.

All scheduled appointments must be cancelled 48 hours prior to the appointment.

Clients who miss two or more scheduled appointments without notifying the VTF will be considered no-shows and notified in writing of loss of VTF eligibility.

One no-show for surgical appointments will result in refusal of future surgical appointments.

The no-show policy applies to the owner regardless of how many animals are owned.

Payment must be received when services are rendered. We do not offer any sort of payment plans for partial payment plans.

If you are PCS/ETSing and require a health certificate, you must pay for these services in cash.

We do not accept checks, Visa, MasterCard, American Express, Discover, Star card, check and debit cards (with Visa or MasterCard logos).

As part of the 72nd Medical Detachment (Veterinary Service), we are a deployable unit. Veterinary service to the community may be interrupted or limited due to military obligations.

commissary hours

Vilseck Commissary Operating Hours		Grafenwoehr Commissary Operating Hours		Hohenfels Commissary Operating Hours	
Sunday	1000 to 1900	Sunday	Closed	Sunday	1100 to 1700
Monday	Closed	Monday	0900 to 1900	Monday	Closed
Tuesday	1000 to 1900	Tuesday	0900 to 1900	Tuesday	1100 to 1800
Wednesday	1000 to 1900	Wednesday	Closed	Wednesday	1100 to 1800
Thursday	1000 to 1900	Thursday	0900 to 1900	Thursday	1100 to 1800
Friday	1000 to 1900	Friday	0900 to 1900	Friday	1100 to 1800
Saturday	1000 to 1900	Saturday	1000 to 1700	Saturday	1100 to 1700
http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCE41		http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCE4L		http://www.commissaries.com/stores/html/store.cfm	

Hohenfels Vet Facility
466-4560

Vilseck Vet Facility
476-2370

Explore surrounding towns, villages for mix of history, entertainment

Medieval traces along the “Goldene Straße” so called golden road from Nürnberg to Prague, the **highest sand-hill of Europe**, typical Bavarian villages, small towns with historical town squares, outdoor and indoor pools, rivers and creeks, traditional restaurants with original Bavarian specialties, an unconsumed countryside, extensive forest and meadow areas with idyllic hiking and bicycle trails, a multitude of small but very special museums and exhibitions, countless **unique events** and festivities, relaxation, nature and culture hand in hand with sport- and recreation activities: all these ingredients combine to make the region around the U.S. Army Garrison Grafenwoehr a tantalizing destination for all age groups.

The hospitality of the native inhabitants around the oldest U.S. American troop base in Germany guarantees our English speaking guests **a comfortable stay in our region**.

For an online tour of the cities in the area or to plan a trip to these locations, visit www.aove.de and www.bavarian-american.com

Edelsfeld

<http://www.edelsfeld.de>
Edelsfeld is a settlement with history. Different archeological excavations show proof of the early occupation. In 1142 a colony of “Etelisveld” is mentioned



Kulturweg (a hiking trail with impressive arts and crafts displays).

Gebenbach

<http://www.gebenbach.de>
Gebenbach is a smaller place that dates back 850 years. The community boasts three villages, hamlets, and solitudes. Two streets that played a major commerce role in the Middle Ages meet in Gebenbach - the “Goldene Straße” (Golden Road) from Nürnberg to Prague and the “Distriktstraße” to Magdeburg, from the south to the north. Gebenbach’s view is symbolized by the Catholic Parish church



Gemeinde Freudenberg

<http://www.gemeinde-freudenberg.de>
Located in a densely wooded area, visitors will find Freudenberg with lots of hiking trails and many leisure opportunities. There is a population of about 4,200 in the 36 districts. Freudenberg has a newly renovated outdoor swimming-pool with a large slide, where family and friends can relax by the pool or enjoy



a swim. During the summer, several “Kirwas,” complete with traditional Bavarian music and food, take place here. The restaurants offer an exceptional Bavarian menu with specialties from the Oberpfalz area (Upper Palatinate). Points of interest also include the St. Martinskirche in Wutschdorf and the Johannisbergkirche, circa 1652, located on its hill. The rampart behind the church proves the presence of Celts during the Bronze Age.

Hirschau

<http://www.hirschau.de>
The town of Hirschau is also called “Stadt der weißen Erde” (City of White Soil) because of its ‘kaolin’ (china clay) sources. With its location on the Bundesstraße 14 from Nürnberg to Prague. It was during the Middle Ages and still today very important to the area’s economic livelihood. In the center of the Market Square is the Rathaus, or city hall, built in the 15th century. The city’s origin, however, dates back to 1253. About 6,300 residents populate Hirschau and its 21 neighboring villages and hamlets. Its most popular attraction is the “Monte Kaolino”, or White Giant, the biggest sand-hill in Europe. Every year international sand-boarding and skiing championships take place here. Located next to an outdoor swimming pool, it offers many leisure opportunities.



Markt Freihung

<http://www.Markt-Freihung.de>
The development of Freihung dates back to the 8th century. The village was known for its mining until it derived its “Marktrecht” through prince elector Friedrich von der Pfalz on November 20, 1569. The market crest remains and is a reminder of those times. Freihung originated from “Freiheit,” which means freedom - what the lords or sovereign princes granted the miners to expand the area’s lead mining. Despite the structural and other modern day changes, Freihung remains an interesting and typical ‘Oberpfälzer’ village, embedded in rural comfort and beautiful landscapes.



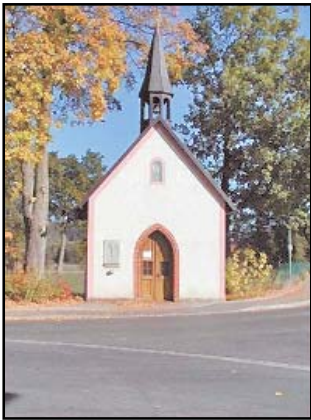
Markt Hahnbach

<http://www.hahnbach.de>
Hahnbach is located on the B 14 the ‘Goldenen Straße’ Golden road from Nürnberg to Prag in the “Upper” Vils Valley (Oberes Vilstal). Echinbertus de Hanbach-, a minister of the Bishop from Bamberg gave Hahnbach its name, which means Siedlung am Bach (settlement on the creek). The city symbol is the “Amberg Tor” (Amberg Gate), a mediaeval style structure with its stork nest and the Catholic Church’s St. Jacob.



Poppenricht

<http://www.poppenricht.de>
Poppenricht is nestled between the cities of Amberg und Sulzbach-Rosenberg in the ‘Oberpfälzer Hügelland’ (hilly country in the Upper Palatinate). Several smaller villages belong to the community: Poppenricht, Traßberg, Witzlhof, Speckshof, Laubmühle, Häringlohe, NeuhoF and Wirnsricht. Different stores, mail offices, banks, schools, kindergarten, and guesthouses service this beautiful community. Two sports clubs, tennis courts, biking and hiking trails, a shooting club, playgrounds, nearby pools, an ice-skating and street ball facility offer numerous recreation possibilities. The boat rides on the Vils River are an enjoyable experience, and the lovely little chapels in Traßberg and Altmannshof provide religious service a beauty to the area..



Stadt Schnaittenbach

<http://www.schnaittenbach.de>
This small city lies between the mountain ranges in the Buchberg and Kohlberg areas in the Ehenbach valley, directly on the Goldene Straße (the connection from Nürnberg to Prague). In 1833 Schnaittenbach started with Kaolin mining, what helped city business boom. Aside from various other industrial sectors, Kaolin is still a main economic pillar for the city. Stadt Schnaittenbach pays special attention to tradition, which is why the city is also called “Schnaittenbach,” the city of traditions”. The town is located in a visually pleasing landscape, populated by beautiful forests and several recreational facilities.



Stadt Vilseck

<http://www.vilseck.de>
Vilseck is located in the northern part of the County of Amberg-Sulzbach and has about 6,500 German and 4,500 American citizens. Thirty-five villages and hamlets and the “Südlager” (Vilseck/Rose Barracks U.S. Army base) belong to Vilseck. The historic town is situated next to the Burg Dagestein, one of the oldest castles of the Oberpfalz (Upper Palatinate). Vilseck began its growth in the 12th century as a castle was needed to protect the once very important “Goldene Straße” (Golden Road) from Nürnberg to Cheb (Czech Republic). In 1331 Vilseck was proclaimed a city. For more than 800 years, the town was ruled by the Bishop of Bamberg. On November 29th, 1802, Vilseck became a part of Bavaria by order of Napoleon’s reorganization of Europe. The walled fortress that included four city gates dates back to 1332. The Vogelturm (former upper gate), built in 1466, houses the “Erstes Deutsches Türmermuseum” (First German Museum, Life of a Tower Watchman). Today Vilseck is a growing town with interesting cultural life, traditional fests, and various shopping opportunities.



Moving to Germany doesn't mean leaving your fave shows behind

Bavarian News staff report

Most residents in on- or off-post government-leased housing have satellite service available in their building, home, or apartment.

According to AFN-Bavaria broadcast technician Albert Wiesent, residents can connect their television to an outlet and run the television set-up to tune into AFN's 10 free American channels.

"And if they hook up their radio to a central antennae system, they will also have the ability to tune into 10 radio services," said Wiesent.

AFN Channels include:

- AFN Prime Pacific
- AFN Prime Atlantic
- AFN Xtra
- AFN News
- AFN Sports
- AFN Spectrum
- Pentagon Channel
- AFN Family
- AFN Movie

Customers can visit <http://www.afneurope.net/> for a complete program schedule.

Residents in government leased housing receive the AFN channels free of charge.

Wiesent said if viewers would like more channels, they can purchase cable through a contractor, which can provide some pay-per-view channels for a fee, and some German channels at no additional charge.

Residents in private (non-government) rentals must already have or purchase a small atellite dish and American Forces Radio and Television Service decoder in order to receive the AFN channels.

"In many of the off-post private rentals, the satellite dishes are already present. A decoder can be purchased (or leased) from an AAFES store (for less than \$300) and you can set it up yourself," said Wiesent.

Dishes can also be purchased from personnel PCSing from Germany. The Bavarian News' and Stars & Stripes' free classified ads list used decoders and satellites at lower prices.

Wiesent said many people are able to set up the dish without professional help. With

directions, a compass, and a little bit of technical savvy, he said residents can link their dish to AFN's Hot Bird satellite. He said the dish set-up should be exact so that adverse weather conditions do not cancel the signal. Instructions come with the equipment.

For additional guidance on satellite and decoder set-up, visit http://www.afn.osd.mil/tech_info/page.asp?pg=\handbook\handbook, or e-mail questions to decoders@hq.afis.osd.mil.

Residents can also get answers to technical questions or help with their AFN decoders by calling an AFN Europe technologists, on duty 24/7 at the AFNE Network Operations Center in Mannheim, Germany at DSN 389-4444 (49-621-46085-444).

From Germany, dial 0621-46085-444 or e-mail noc@afne.army.mil. You will need to provide your decoder TID and UA number, which can be found on the back panel of the decoder.

If residents decide to install a satellite on a private rental, Wiesent suggested obtaining the landlord's permission first.

In addition to the standard AFN channels, Telepost Kabel-Service began offering English language cable service to off-post customers last month.

The new service, called Kabel Digital Englisch, offers subscribers 15 news, movie, family, entertainment and sports channels, including:

- CNBC
- Sky News
- TCM
- AXN
- Toon Disney
- ESPN Classic Sport
- NASN

The cabled-based service does not require a satellite dish. Subscribers can receive same-day service by signing up at a local TKS and connecting their PAL or multi-system TV to the digital receiver (purchased at a TKS store), and plugging the receiver into the cable jack.

Kabel Digital Englisch is available in the Grafenwoehr, Hohenfels, and Vilseck areas.

For more information on the TKS English



With the help of an AFN decoder, satellite, or local cable, a variety of television channels brings U.S. Army Garrison Grafenwoehr families that much closer to home.

cable, call the TKS Hotline at 01804 857 762 (0.24 € / call), visit www.tkscable.com, or e-mail: service@tkscable.com.

The garrison's Command Information Channel is available on post only.

MONDAY THROUGH FRIDAY
AFN Radio Schedule

0000	Pure Gold Oldies or Live Sports
0300	Country Hits or Live Sports
0600	AFN Morning Newswatch
0900	Power Talk Mornings
	Mon. Perspective
	Tue. Newsweek on Air
	Wed. Car Talk or AFN Openline (when scheduled)
	Thu. Sound Money

Fri. Parents Journal
1000 Sports Overnight America - Live
1200 NPR Morning Edition - Live
1400 Connections
1600 AFN Evening Newswatch
1700 AFN Evening Newswatch
1730 Mon. ABC This Week
Tue. Face the Nation
Wed. Paul Harvey/Focus on Family
Thu. Paul Harvey/Field & Stream
Fri. Paul Harvey & Fifty One Percent
1800 Rush Limbaugh - Live
1900 Dr. Laura Schlessinger
1945 Paul Harvey News and Comment
2000 NPR Talk of the Nation - Live
2200 Tom Joyner

Sign in only those you know

Personnel can be held liable for misdemeanors

USAREUR Office of the Provost Marshal

USAREUR personnel with sign-in privileges should use them with care.

That means you should only sign in people you know or who need to enter post for legitimate business.

It also means keeping an eye on the people you do sign in.

"Your ID card is a symbol of trust," said Lt. Col. Deborah K. Anderson, chief of Law Enforcement Operations at the USAREUR Office of the Provost Marshal. "Trust means responsibility and responsibility means you don't sign in people you don't know."

She added that Soldiers and civilians can be made liable for any misdemeanors the people they sign in commit.

Anderson explained people outside gates will

offer all kinds of excuses why they need to enter post – but don't be deceived. Any of these people could be criminals or terrorist sympathizers scouting out possible targets, she said.

Especially at weekends, people will wait outside gates for someone to sign them in so they can go to on-post clubs or parties.

This may seem harmless, but if you do not know who they are, you do not know their real intentions or the trouble they may cause, Anderson said.

You also do not know if they will end up becoming victims of crime.

In a club or party environment, they could potentially become victims of violence or sexual assault, she said.

"You can be held responsible if anything happens to the people you sign in," Anderson concluded.

USAREUR: Cell phone road rules now apply on and off post

by **ROBERT SZOSTEK**
USAREUR Office of the Provost Marshal

Hand-held phones are safety hazards that have caused many road accidents in Europe.

For that reason, the Department of Defense and most European nations have banned the use of hand-held cell phones while driving a motor vehicle.

"These laws are enforced on and off U.S. installations throughout Europe," said Lt. Col. Deborah Anderson, chief of law enforcement operations at the United States Army, Europe, office of the provost marshal.

"Studies show that mobile phone use in cars is unsafe," said Anderson. "Driving safely is a complex task and requires total concentration. Phoning distracts drivers and any distraction can make you miss hearing or seeing the cues needed to avoid a crash."

Anderson said it is best to switch off the phone as soon as entering the car, but added that people who want to communicate while driving can:

- Buy a "hands free" device that allows the driver to keep both hands on the steering wheel. The device can also be distracting, so short duration calls are recommended.

- Use the voice mailbox function and call people back when finished driving.

"It is okay if people use a hand-held phone in a vehicle if it is safely parked and the engine is off," Anderson said. "However, penalties for having a cell phone in your hand or wedged between your head and shoulder while driving, even in slow moving traffic, are severe."

Here's a partial list of fines:

- Belgium** - fines from €50 to €1,375.
- Germany** – a €40 fine and one point against your license.
- Italy** - fines from €68 to €275.
- Luxemburg** - fines up to €74.
- Netherlands** - minimum fine is €140, max is two months in prison or a €2,000 fine.
- Department of Defense** – DOD policy is to assess three points against your license for on-post violations.

"People will suffer heavier penalties and can even lose their license if they caused an accident or were involved in one while using a cell phone improperly," Anderson added.

For more information, visit your local safety office or online at www.per.hqusareur.army.mil/services/safetydivision/main.htm.

Extra, Extra, Read all about it!

Keep up with local and world news!

The **Bavarian News** is free of charge and distributed every other Wednesday at Grafenwoehr, Vilseck, and Hohenfels. Local news is also posted in the electronic Community Newsletter, on the Command Information Channel and on the Web at <http://www.grafenwoehr.army.mil/>.

American newspapers that can be purchased or delivered overseas include **USA Today** and **International Herald Tribune**. Visit www.usatoday.com and <http://www.iht.com/pages/europe/index.php> for information.

You can also purchase your copy of the European **Stars & Stripes** at various locations throughout the garrison community, or visit www.estripes.com.

Hi-speed Internet access is **NOT** available in most locations.

The garrison command cannot require residents or townships to provide it.

Off-post residents are encouraged to talk to and join up with their local neighbors to find out how they can request it from a service provider in their area!

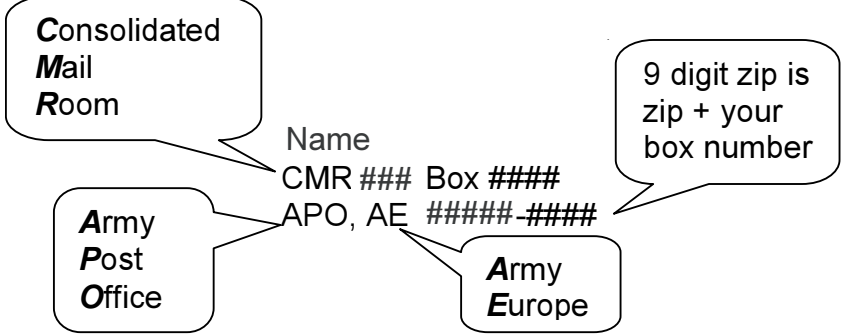
Wondering about your new mail system?

Here are answers to the most common questions

Q: How will I be assigned a mailbox in the community?
A: We will receive a list of the personal that are coming in as unit move, and we will issue mailboxes in advance so that you can start to send mail and to notify all correspondences of the new mailing address. Those coming in as individual replacements, and not part of the unit move, will be issued a box once in country when they in-process.

Q: Will I have a combo or key?
A: All of our mailboxes use combinations.

Q: What information composes my new mailing address?
9 digit zip is zip + your box number
A:



Q: What's my city? What's my state?
A: City is APO.State is AE. If you are ordering off the Web and AE is not an option, use NY and enter the city as APO AE.

Q: Can I receive mail at my house or at my government quarters?
A: Mail that comes to the CMR will not be delivered to your physical address. It is only delivered to your CMR box number. The local Bundespost (German Post Office) does not deliver to on post housing or government quarters. If you live off post, you can have mail sent to your physical address if you wish, but it will cost more if coming from the states. Your local phone and energy bills can be sent to the physical address off post.

Q: Do I need to include Germany in my address?
A: No. Do not include Germany in your address. If you do, and someone sends you something from the States, they may have to pay the international rate rather than domestic rate for the mail.

Q: Do the cards I fill out when I in process notify others of my change in address or do I need to notify all my correspondences?
A: The cards that you fill out at the CMR are for our records and for the APO records only. The cards in no way notify others of your new address. You will need to contact all of your correspondences of your correct address as well as your previous servicing Post Office.

Q: How many mailboxes are authorized for me and my family?
A: One per sponsor. If both spouses are military, then they are authorized a mailbox each, however, we recommend one per family.

Q: Do I have to list all of my command sponsored dependents?
A: Yes, if we receive mail for dependents that are not listed, or that do not match dependents that we have listed, then the mail will be returned to sender as "Attempted Not Known".

Q: If something has the wrong or incomplete address and arrives at the CMR, will I still get it?
A: Yes, so long as we have the name in our system, we will redirect the item to the correct mailbox.

Q: How long will it take before I get mail at my new address?
A: After you have notified the USPS of your change of address, it could take about a week for mail to begin arriving at your new address. Several factors will have an impact:
* How far in advance did you notify the USPS of your move? (We recommend that you notify the USPS at least two weeks before your move date.)
* What date did you request to have your mail forwarded?
* How far did you move?

Q: How long will the post office forward my mail and what are the costs?
A: *First-Class Mail®*, *Priority Mail®*, and *Express Mail®*: All forwarded for 12 months at no charge. Periodicals: Forwarded for 60 days at no charge (includes newspapers and magazines). *Standard Mail (formerly Standard Mail A)*: Not forwarded unless requested by the mailer. These items include circulars, books, catalogs, and advertising mail weighing less than 16 ounces. *Package Services (formerly Standard Mail B)*: Forwarded locally for 12 months at no charge. Additional forwarding charges are paid by you if you move outside the local area (includes packages weighing 16 ounces or more not mailed as Priority Mail®). *Special Services*: Certified, insured, registered, or special handling mail is forwarded without additional special service fees when mail is being forwarded to a domestic address only. Mail is subject to the applicable postage for each specific service.
Note: COD, Delivery Confirmation, Signature Confirmation are not possible at APO's.

Q: How does mail get from the States to my mailbox?
A: *Express, First Class (Priority), SAM, PAL*: Brought by plane from the states to Frankfurt. The GMAT (German Mail Air Terminal) in Frankfurt separates and loads trucks destined for all Regional Post Offices (RPO) in Germany. The mail truck arrives around 0800 at our RPO/APO each day of the week, Mon-Fri. The APO then breaks down the mail for the community. We (the CMR) then pick up the mail from the APO. We then sort, process, and pitch the mail into the mailboxes. Transit time is between 5-14 days. Express is 2-3 days.
Pre-Sorted Standard catalogs and PO: May travel by the same means as *Express, First Class (Priority), SAM, and PAL* or by the same means as the following:
Parcel post, 4th class, and standard, bulk: Travels over ground from point of origin in the states to New Jersey in semi containers. Once in NJ, it is loaded onto a boat that travels to Bremerhaven, Germany. The container is down loaded and delivered to the RPO/APO once a week, usually on Tuesdays. Transit time is between 4-6 weeks.

Q: Will extra postage be required for mail to be shipped to me or from me?
A: No, there is no difference from the states to here or from here to the states. Domestic rates apply regardless of states or from APO (example= if you mailed a letter home, it would cost only 39 cents, and if home mailed you a letter it would cost them also 39 cents).

Q: Do I have to put a stamp on an envelope that has the endorsement "No Postage Necessary if Mailed in the United States?"
A: No, postage is not required.

Q: How must I wrap my packages?
A: Normal cardboard boxes can be used with brown/clear packing tape. If the boxes being used previously contain merchandise, the box can be used provided that any markings on the outside have been marked out or the box is covered with brown wrapping paper. If the box contains the merchandise then the box only needs to be sealed with brown/clear packing tape. The APO has brown wrapping paper available in their lobby free of charge. For more info: <http://www.usps.com/send/preparemailandpackages/preparingpackages.htm>

Q: How big can incoming and outgoing packages be?
A: *Parcel Post*: Packages can weigh up to 70 lbs. and measure up to 130 inches in combined length and distance around the thickest part. Parcel post is deliverable to every U.S. address, including PO boxes and military addresses. Delivery time is around 4-6 weeks.
Priority Mail: Maximum weight is 70 pounds, and the maximum size is 108 inches in length and distance around the thickest part combined. Priority mail is deliverable to every address in the United States - including PO Boxes and military addresses. Delivery time is around 7-10 days.

Q: Can I send or receive over night express? If not, how long does it take express mail to transit?
A: No, over night express is not possible. Normal express takes 2-3 days to transit the system, not counting the day mailed. Express Mail Military Service is guarantied for delivery in 2-3 days, not counting the day mailed. Postage is refundable if not received within the given times.

Q: Can I use other than the U.S. Postal System to receive parcels (I.E. UPS and Fed EX)?
A: Yes, you can have items sent to your physical address, but at a much higher cost and it may be subject to import and costumes taxes of the host country.

Q: Who can pick up my mail?
A: You and your command sponsored dependents. You can also fill out a PS form 3801 (Standing Delivery Orders) to have others pick up your mail so long as they are an ID card holder with the same privileges for mail.

Q: If I have friends or family that come to Germany for a visit, can they receive mail through my box?
A: No, the only command sponsored dependents (family members listed on your orders) may receive mail through your mailbox.

Q: How often should I check my mail?
A: Daily if possible, but at a minimum weekly.

Q: What happens to my mail if I do not pick it up?
A: By regulation we are required to check mailboxes monthly for aged mail or non use. If we find old mail in a mailbox, we attempt to contact the sponsor of the box, if unable to do that we then attempt to contact the unit CO or 1SG to find out where the soldier is.
We then act on what ever information we find out. If there is no reason for the mail being old, we then do one of two things:
1. We return the old mail back to the sender as "unclaimed".
2. We close the mailbox.

Q: What if I am unable to make it to the CMR during normal hours of operations?
A: You can appoint someone on a PS Form 3801 to pick up your mail, or you can request (at Vilseck CMR) the use of the After Hours Parcel Area (request forms located in lobby).

Q: What if I am unable to pick up mail (I.E. leave, TDY, deployed, etc...) for more than eight working days?
A: Come to the CMR before leaving and fill out a DD form 2258 (Temporary Mail Disposition Instructions). If you leave with short or no notice, and the window is closed, we have 2258s in the hallway. Fill one out and drop in the drop boxes by the customer service window or at the end of the hall.

Q: When I deploy, do I still get my mail?
A: Yes, the mailbox remains open and you need to fill out a DD Form 2258, if gone for more than 8 working days. You can have your mail held or forwarded to you. We recommend that if you do not have dependents here to pick up mail for you while you are gone, that you have your mail forwarded to you.

Q: What type of identification do I need to pick up mail at the customer service window?
A: Your military ID card is all that is required and is the only ID accepted.

Q: Can I check my mail at anytime of the day or night?
A: The lobby is open 24-7, unless otherwise posted. The service window is opened from Mon-Wed + Fri from 1000-1730 hours and on Thursday from 1000-1700, unless otherwise posted.

Q: How will I know that mail has been distributed for the day?
A: There are 2 marquees at each end of the CMR that we change daily, Mon-Fri, to show mail is distributed or has not been distributed for the day.

Q: When is daily mail distribution normally completed?
A: Mon & Tue times are around 1700. The rest of the week is around 1430. Times may vary based on the amount of mail and the time in which the mail truck arrives.

Q: Can I run a business through my CMR address?
A: No. Any business related mail can not come to your CMR address. You can have business items sent to your physical address; however it may be subject to customs and import taxes.

Q: Can products I order from the states be delivered to me at the CMR?
A: Yes, so long as the items are not on the prohibited list or business related.

Q: Are there any items that I can not receive through my CMR mailbox?
A: Yes. Coffee, cigars, and cigarettes to list a few of the items not allowed to be received through your receptacle.

Q: Can I mail TA50 to my personal mailbox?
A: No. TA50 can not be mailed to your or anyone's personal mailbox.

Q: What are the procedures if I have not received a package that should have arrived?
A: *Uninsured and Certified*: The sender can go to the local post office and fill out a PS Form 1510 (Mail loss/Riffiling Report).
Insured, Express, and Registered: Only the sender may file a postal insurance claim, PS Form 1000. The sender needs to go to the local Post office and fill out the claim there.
For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.

Q: What are the procedures for packages received where some items that were supposed to be included are missing?
A: *Uninsured and Certified*: The sender or addressee can go to the local Post Office and fill out a PS Form 1510 (Mail loss/Riffiling Report)
Insured, Express, and Registered: The sender or addressee may file a postal insurance claim. The sender or addressee needs to go to the local Post office and fill out a PS Form 1000.
For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.

Q: What are the procedures for packages received with items that are broken?
A: *Uninsured and Certified*: If the parcel we received with contents damaged and or broken, there is nothing that can be done.
Insured, Express, and Registered: The sender or addressee may file a postal insurance claim. The sender or addressee needs to go to the local Post office and fill out a PS Form 1000.
For more information, go to the USPS Web site, click on receiving your mail and check out FAQ's, topic claims, sub-topic domestic mail.

Metric System

Get up to speed with German conversions

by MARTINA BIAS
Bavarian News Food & Culture columnist

The last time my in-laws came to Germany for a visit, my husband took his father for a spin on the Autobahn in his “Beamer” (BMW). His father was thrilled until he glanced at the speedometer and saw that my husband was driving 120!

What my horrified father-in-law failed to see at first glance was that the bold numbers on the dashboard indicated kilometers per hour and not miles per hour, as he was accustomed to. One mile equals about 1.6 kilometers, so my husband was well within the speed limit.

The fact that most measurements in Europe are different from those in the U.S. makes life here interesting at best and conversion charts a must-have for off-post shopping.

Having grown up with what I consider a very logical metric system, I found American measurements extremely difficult to learn and remember.

Number soup

Why are there eight ounces in a cup, but two pints in a quart? It made no sense to me.

I was taught that 1,000 milliliters equal one liter and 1,000 grams is the same as one kilogram. 1000 meters add up to one kilometer. Simple, right?

Several people have asked me to convert the recipes in my food column into American measurements. That is not as easy as it sounds because Germans measure ingredients by weight (grams) and Americans by volume (by cup).

The problem is that one cup of flour does not weigh the same as one cup of sugar.

Even I, who am fairly familiar with both systems and have lived, cooked, and measured in the U.S. for many years, weigh my ingredients on a German scale and pour the

contents into an American measuring cup to get an accurate conversion.

When all else fails

I have also invested in a measuring cup for liquids that has milliliters printed on one side and ounces on the other.

There are, however, a few measurements that I have memorized for quick reference. For example: ¼ liter (also 250 ml) equals about a cup of liquid, therefore one quart is equal to about one liter.

I also know that an American pound (about 450 grams) is slightly less than a German pound (500 grams).

The following German Culture Web site is an excellent source for recipe measures and temperature conversion when in doubt: http://www.germanculture.com.ua/recipes/bl_recipe_measure.htm.

Baking at the right temperature is another challenge because Germans measure in Celsius instead of Fahrenheit.

Temperature tips

To convert temperature from Fahrenheit to Celsius, subtract 32 and multiply by .56, or you can by an oven thermometer that shows both scales. Memorizing a few benchmark numbers can also help you have a better understanding:

Zero C is the freezing point
100 C is the boiling point
20 C is a pleasant 70 F
175 C is the common baking temperature of 350 F
37 degree Celsius = 98.6 degree Fahrenheit

I have become quite familiar with converting clothing measurements as a result of my German relatives asking me what size my children wore when they wanted to buy them clothes.

I must admit that American sizing is much easier to remember, as it generally goes by age.

German clothes sizes are designed to represent the height of the child in centimeters. This system assumes that each child grows by six centimeters between sizes:

Age	German Size
2-3 months:	56
3-6 months:	62 - 68
6-9 months:	68 - 74
9-12 months:	74 - 80
12-18 months:	80 - 86
18-24 months:	86 - 92
3 years:	92 - 98
4 years:	98 - 104
5 years:	104 - 110
6 years:	110 - 116
7 years:	116 - 122
8 years:	122 - 128
9 years:	128 - 134
10 years:	134 - 140
11 years:	140 - 146
12 years:	146 - 152
13 years:	152 - 158
14 years:	158 - 164
15 years:	164 - 170
16 years:	170 - 176

Conversion sites

To make adult clothing conversions a bit easier, there are several Web sites that offer conversion charts for men and women’s clothes and shoes:

Clothing: <http://www.evalu8.org/staticpage?page=review&siteid=296>

Shoes: <http://www.pediwear.co.uk/chart.php>

Now you are armed and ready to fully enjoy your new life in Germany.

There is only one more thing to master, and that is the beautiful German language. Sprechen Sie Deutsch?

Have you ever wondered why Germans so certain things? I welcome your questions and comments. E-mail me at martina.bias@us.army.mil, and I may be able to address your suggestions in a future column.

	1 cup	1 tbsp	1 oz	1 lb
Sugar	200 g	25 g	25 g	500 g
Salt	250 g	30g	25 g	500 g
Flour	125 g	25 g	25 g	500 g
Oil	250 ml	25 g	-	-
Butter	150 g	15 g	25 g	500 g
Meat	-	-	-	500 g
Water	250 ml	20 g	-	-
Cream	300 ml	20 g	25 g	500 g
Wine	250 ml	-	-	-
Honey	200 g	25 g	25 g	500 g
Vegetables	125 g	-	-	500 g

Learning the metric system is key to shopping baking, and a host of other everyday necessities.

Bargain fares

Budget airlines offering rock-bottom prices

On budget airlines, an old cliché comes true: there is no such thing as a free lunch. No free snack. No free newspaper. And probably no reserved seat.

But wouldn’t you rather get a dirt-cheap ticket to fly somewhere fabulous in Europe instead of paying a sky-high fare just to get a bag of salty peanuts (that you really shouldn’t eat anyway) during the flight?

Round-trip economy

Welcome to the wonderful world of European budget airlines – where you’ll probably pay less for a round-trip fare than for an overnight in a hotel.

No destination seems to be immune from the reach of a budget airline today. Timisoara, Romania? You got it. Tallinn, Estonia? Book online now.

Amsterdam, Berlin, London, Paris, Prague, Rome, Spain’s beaches – most budget airlines fly to these locations, and more cities are being added to airlines’ list of destinations by the month, it seems.

Ryanair and easyJet are the names most familiar to budget flyers. Ryanair, for example, virtually single-handedly put the Frankfurt-Han airport (the former U.S. Air base) on the map for U.S. military travelers between Germany and England.

More options

The latest rounds of good news, however, mean more options for

cheap travel to more locations throughout Europe, including increased domestic service within Italy and Spain and services to Eastern Europe, the Baltic States, and even Moscow and other cities in the former Soviet Union.

Sky Europe

Sky Europe Airlines covers a variety of points in Eastern Europe including Croatia, Hungary, Poland, and Slovakia, plus Austria and major hubs such as Amsterdam and London. Meridiana is big on domestic flights throughout Italy, plus a couple of cities in Spain.

Meridiana links Italy with London, Paris, and Amsterdam; Alpi Eagles flies routes within Italy and points on the French Riviera and Spain.

Spain

In Spain, Air Europa flies domestically but also to cities in northern Africa and to the States.

Iceland

If “the land of fire and ice” is more your thing, look into cheap flights between Reykjavik, Iceland’s capital, and European points on.

The Island Express also flies to London-Stansted, Malago, Sardinia, and Venice.

Norway

In Norway, Norwegian Airlines offers inexpensive domestic travel. Snowflake, owned by major airline SAS, links Copenhagen and Stockholm with a diverse set of cities

Web sites

Air Berlin www.airberlin.de

Air Canada www.jetz.com

Air Europa www.aireuropa.com

AlpiEagles www.alpieagles.com

Airtreks www.airtreks.com

Ambassador Way www.ambassadorway.com

Basiq Air www.basiqair.com

Bmibaby www.bmibaby.com

British Midland www.flybmi.com

easyJet www.easyjet.com

German Wings www.germanwings.com

Germania Express www.gexx.de

Hapag-Lloyd Express www.hlx.com

Iceland Express www.icelandexpress.com

Meridiana www.meridiana.it

Onur Air www.onurair.com.tr/eng

Ryanair www.ryanair.com

Sky Europe Airlines www.skyeurope.com

Snowflake www.snowflake.aero

such as Sarajevo, Skopje, Split, and Beirut, along with more traditional hubs in Hungary, Italy, Portugal, Scotland, and Turkey.

Turkey

And speaking of Turkey, it has its own domestic low-cost airline, which eases travel between cities such as Adana, Izmir, Istanbul, and more.

Remember that the rock-bottom fares advertised online do not necessarily include airport taxes. Nevertheless, the costs such taxes add to the cost of your flight will be comparatively negligible.

When you arrive

Another point to keep in mind is that destination airports advertised may actually be some distance away from the city. Frankfurt-Hahn, for instance, is a good 1-1/2 hours away from Frankfurt.

Find out precisely which airport you’re flying to.

Find out how far it is away from the city the airline advertises that it is flying to.

Find out what kinds of transportation links there are between the airport and the city.

But no matter where you want to go, there’s undoubtedly a budget airline that’s fueling up to take you there now.

See the Web site list (at left) so that you can check out all of the unexpected offerings of this low-cost armada.

Bargaining tips

■ You’ll need to book online or call the budget airline directly to make a reservation – you can’t book them through travel agents. And with most budget airlines, you’ll pay more for your ticket if you telephone to make the booking.

Some U.S. bases’ travel and tours offices will make the reservations online and charge you a fee – but why pay someone else to do it when the fare is so low?

■ Click the symbol of the Union Jack (British) flag when you want online information in English, if you don’t see the word “English” onscreen.

■ Sign up for free newsletters from the budget airlines to keep on top of destination changes and advance notice of especially good fares.

■ Check allowable weight limits. You’ll pay through the nose for overweight luggage.

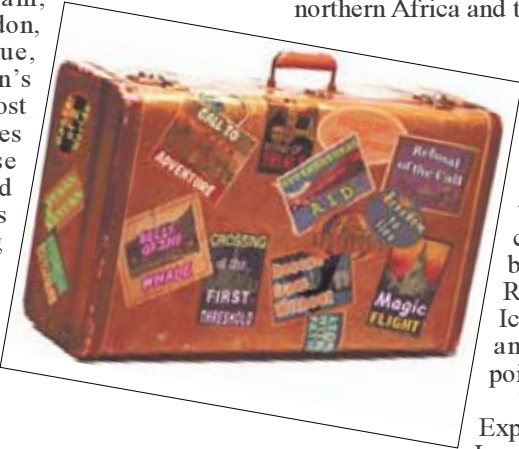
Check airport destination locations to find out exactly where it is you’ll land.

That way, you can figure out your transportation to points beyond.

■ Book at least a month ahead for the cheapest fares.

■ Keep an eye out for special booking periods when fares drop to absolute rock bottom.

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No better place to be ...

From the County Welcome to Amberg-Sulzbach County

For more than 100 years, the Amberg-Sulzbach region has enjoyed close relations with the United States military. The Grafenwoehr and Hohenfels training areas give the entire region a characteristic branding. Our population is especially close to our friends from the United States. I am extending a heartfelt welcome from our county to the new Soldiers from the 2nd Cavalry Regiment and their families. We are looking forward to meeting you and invite you to get know more intimately the Amberg-Sulzbach County with its rich history and traditions. Friendly people, regional specialties, and many leisure activities are waiting for you. Cycling, hiking, climbing, and sand skiing along with golfing and horseback-riding are just some of the highlights of the region. Enjoy our many Kirchweih fests and experience our tradition and friendship. I welcome you to your new environment. We are happy to share this environment with you and hope that you will enjoy a little piece of home here in Bavaria as well. I wish you lots of success for your professional endeavors and always a happy return to Vilseck.



*Your County Commissioner
Armin Nentwig*

"When I had to travel extensively, no place attracted me more than the land of Swabians and Bavarias for they were friendly and well-disposed there, readily gave shelter and helped the travellers, and rendered excellent service for the money they got."

Martin Luther

The Free State of Bavaria: a favored place!

Bavaria is the most favored German state for vacationing and tourism. Its scenery, cultural riches, the agreeable price-to-service ratio, and the traditional Bavarian hospitality are strongly appreciated by countless visitors from Germany and abroad. The variety of health resorts and spas, which stretch from the Rhön Mountains to the Alps, are world renown and offer a host of health and fitness qualities for visitors. It's no wonder that Bavaria boasts nearly 23 percent of the entire tourist influx in Germany. Tourism in the Free State of Bavaria has become an increasingly important economic factor, especially in areas with a less potent economic structure. Bavaria's international tourism, which provides 330 000 jobs, amounts to about 25.6 billion Euro of one-day outings and business trips. The total number of overnight accommodations in 1999 amounted to 88 million Euro. The Free State maintains strong positions in international tourism. One in nearly five visitors comes from abroad. U.S. tourists are in the lead, followed by those from the Netherlands, Belgium and Luxembourg, Italy, Great Britain, Japan, Austria, and Switzerland.

Don't miss upcoming festivals in and around the USA G G area

12-14 May 2006	German-American Volksfest at Vilseck	12-16 Jul 2006	Sports week at Vilseck
20 May 2006	Rock and Pop at the Barn	12-16 Jul 2006	Community fest at Gressenwoehr
25 May	Gardenfest at Fire Department Schlicht	15-16 July 2006	Tractor and Oldimer ralley and Meeting at Schlicht
27-29 May 2006	Kirwa at Schoenlind	16 July 2006	Plaerrer Playground Fest at Sorghhof
28 May 2006	Blessing of Horses at Vilseck	22-24 July 2006	Kirwa at Sorghhof
3-5 June 2006	Kirwa at Vilseck-Axtheid Berg	30 July 2006	Badfest at Vilseck Outdoor Pool
3 June 2006	Pop Night at Vilseck	4-6 Aug 2006	German-American Volksfest at Grafenwoehr
11 June 2006	Gardenfest at Winkler Brewery Schlicht	5-6 Aug 2006	Brunnenfest at Vilseck
16 June 2006	Beach Party at Vilseck Swimming Pool	12-13 Aug 2006	Medivial Knights Camp at Castle Dagestein Vilseck
23 June 2006	St. John Bon Fire (Johannesfeuer)at Schlicht	26-28 Auh 2006	Kirwa at Schlicht
24-25 May 2006	Huettenfest at Unterweissenbach	2-4 September 2006	Kirwa at Ebersbach
24 June 2006	St. John Bon Fire (Johannesfeuer)at Gressenwoehr	7 Sep 2006	Tour for children through the Vilseck Castle Dagestein
25 June 2006	Discover highlight of Vilseck by bicycle	9 September 2006	Wine Fest at Sorghhof
1-2 July 2006	Waldfest at Schlicht	9-17 September 2006	Bergfest at Vilseck-Axtheid Berg
1-2 July 2006	Vereinsmeyer Sports Festival at Sorghhof	23-24 September 2006	Brewery fest at Winkler Brewery Schlicht
1-3 July 2006	Kirwa at Gressenwoehr	21-23 October 2006	Kirwa at Vilseck
8-10 July 2006	Kirwa at Seiboltsricht		

Stay tuned to AFN and the Command Information Channel for updates!

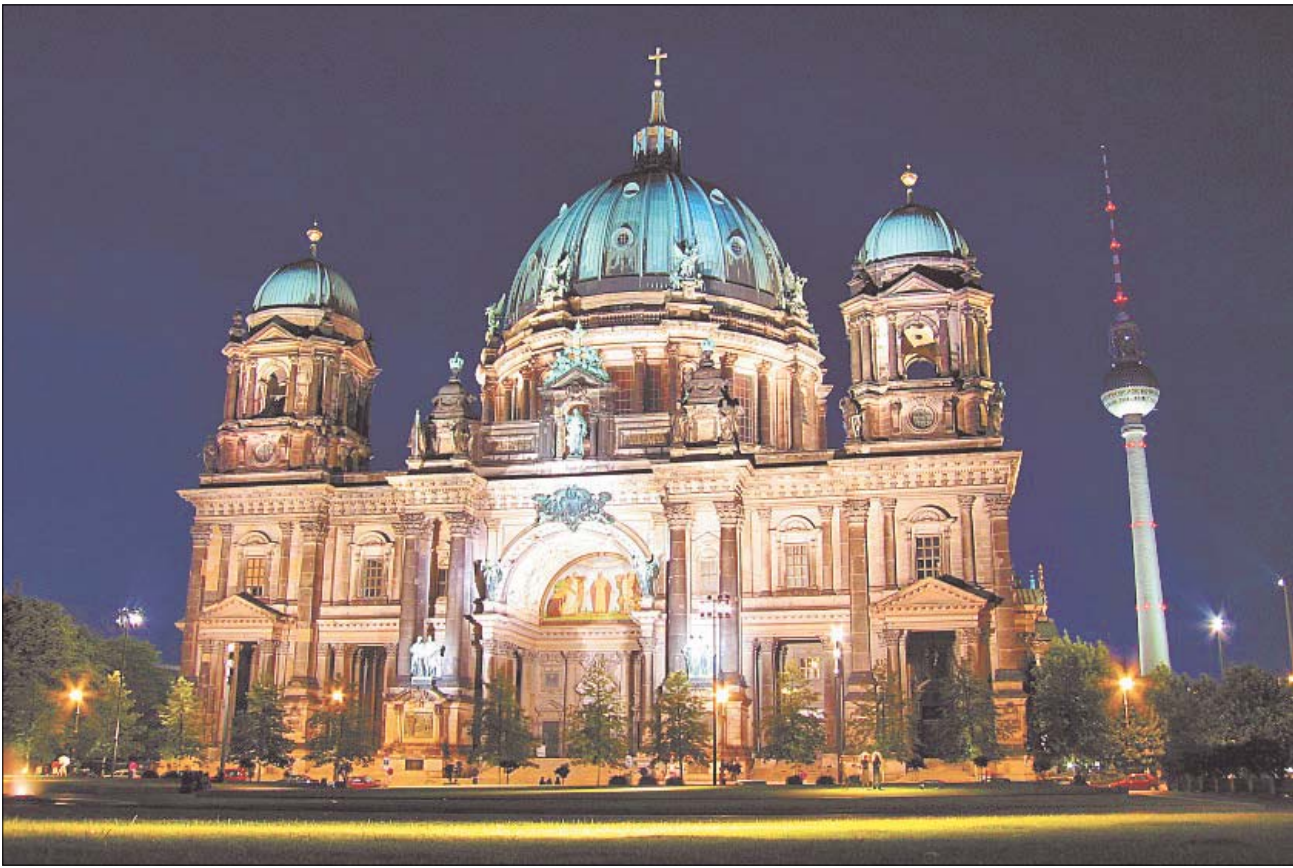
Bergfests still very popular with young and old Celebration has roots in religous tradition, next fest slated July 1-9

Bergfests usually originate from pilgrimages and are still related to religious traditions. They are always celebrated at a church on a hill. On certain days, for example holidays dedicated to the Virgin Mother Mary, people pilgrimage there for devotion, holy mass, and invocation and thanksgiving prayers. Because of the large number of people and the long distances from which they travelled, the believers needed food and beverages. A holy mass service initiates the Bergfest and is offered daily.

There is no music and entertainment, no carnival rides or other amusement. Nevertheless, Bergfests are still very popular among young and old people. Indulge yourself and spend your time outdoors, admire the surrounding area with its colourful meadows and have a wonderful view. Let the flair of a Bergfest inspire you. Enjoy the delicious Bavarian culinary specialities. Kids of every age are very welcome. Celebrate with your friends and have a nice time.

- July 1-9
Amberg Maria-Hilfbergfest
- July 22-30
Sulzbach-Rosenberg Annabergfest
- Aug. 5-6
Schnaittenbach Buchbergfest
- Aug. 12-19
Hahnbach Bergfest
- Sept. 9-17
Vilseck-Axtheid Berg Bergfest
- Sept. 3-10
Gebenbach Mausbergfest

Plan smart for European excursions



Traveling Europe is one of the greatest rewards of being stationed overseas. While some families feel tied to their homes due to language barriers, others reach out and take advantage of living near so many countries in such a small area.

by **KIM DIANO**
Staff writer

Many of the popular travel locations such as Paris, Rome, and Barcelona are all reachable by car if your choice of travel is a road trip. London, Dublin, or Nice are a quick flight away if you take the time to research airlines and see which ones fly where.

Instead of reinventing the wheel, the following article and information is aimed at helping you decide where to go, how to locate cheap tickets, how to arrange hotels whose staff speaks English, and how to take advantage of your time in Europe.

In essence, we want to help you enjoy your stay!

After you've unpacked and gotten over the fact that you've flown thousands of miles to a foreign land, it's time to decide: Where do I want to go?

Talking to your neighbors or friends who are here is a great way to start your list of things to see. There are always the obvious choices:

- Paris, France
- London, England
- Rome, Italy
- Berlin, Germany
- Prague, Czech Republic

These choices are obvious because they are the capitals of their countries and have the most recognizable names to Americans.

There are reasons people continue to go to these cities - interesting historical background, fabulous food, great shopping, informational museums, and much more.

For beginners, these cities are tourist friendly offering sightseeing bus rides known as Hop-on, Hop-off, souvenir shops, and some comforts of home such as McDonald's or Pizza Hut for those who are nervous about trying European foods.

After you traveled to the big, well known cities, and you develop a knack for finding food you can eat, the following list of smaller cities are

recommend by USA Today's travel section.

If you visit their Web site it gives you a description of each small town and what you will find of interest when you visit it.

The Web site also offers links to these town's official Web sites so you can find hotels and points of interest recommended by the city itself.

Tallinn, Estonia
Krakow, Poland
Dubrovnik, Croatia
Istanbul, Turkey
Ljubljana, Slovenia
Kyiv, Ukraine
Bruges, Belgium
Kosice, Slovakia
Sarajevo, Bosnia
1. Gdansk, Poland
(http://www.usatoday.com/travel/deals/inside/2006-04-12-i1inside-the-deals_x.htm)

The battlefields listed below are recommended for the history buffs. Having your own car or renting one is a must to tour the battlefields easily.

There are bus tours to be had by researching the Internet; however, your own time will be limited in order to keep up with the bus tour's itinerary and time schedule.

WWI
The Flanders region is home to the following 3 battlefields:
Vimy Ridge, France (Canadian battlefield, WWI)
Ypres, Belgium (multiple battles during WWI)
Passendale, Belgium (British battlefield, WWI)
Verdun, France (French and German battlefield, WWI)

WWII
Normandy, France (Allies invaded Europe, WWII)
Arnhem, Netherlands (British and German battlefield, WWII)
Ardennes, Belgium (Battle of the Bulge and Bastogne, WWII)

Of course the places mentioned here are only a very small portion of the sites you can see while you are in Europe. Flights to Egypt, Thailand,

and India are easily booked for great prices depending on the season.

Last but not least, here is a list of cities you can reach by car if you find yourself with a free weekend:

Heidelberg, Germany
Birchesgarden, Germany
Munich, Germany
Rothenberg, Germany
Oberammergau, Germany
Salzburg, Austria
Tirol region of Austria

When you start researching places to go, the next thing you will want are the cheapest tickets possible.

Your local SATO travel agency is a good place to begin as they have access to government rates and the latest price wars of airlines.

Ryan Air is one of the least expensive airlines you can find, sometimes with flights that are free or 1 penny plus tax.

The only drawback to flying with Ryan Air is that the destination airports are inevitably located 30 minutes to one and a half hours outside the city, thus the reason for the cheaper flights.

Ryan Air does offer a bus connection from their airports to the city you are flying to, but this is not included in the price of your airline ticket.

The following Web sites are for bargain airlines:
www.ryanair.com
www.opodo.de (German website)
www.berlinair.com (you can pick English language for the website)
www.easyJet.com
www.flybmi.com
www.thomson.com
www.Jet2.com

Keep in mind when searching these Web sites that not all prices are in Euros. Some are in British Pounds which are much more expensive than the Euro or Dollar.

Hotels in Europe. First thing to know is a 5 star rating in Europe is not the same as a 5 star rating in America. There are several options for places to stay in Europe starting with the cheapest:

Hostel. These usually tidy unassuming accommodations are ideal for backpackers and student travelers. Hostels offer very inexpensive dorm room accommodations with shared bathrooms. Many hostels offer small one and two bedroom private rooms with individual bathrooms but these rooms go fast, so call to reserve as soon as you decide on a location.

Some hostels include breakfast in the overnight rates, which can be as low as \$18 Euro per person, per night. You also have to rent your sheets and towels at some hostels, and some hostels impose age limits on their guests.

Pension. Pensions are inexpensive rooms or apartments rented out by local home or building owners. These are interesting places to stay because you meet the residents who obviously enjoy interacting with foreigners or they wouldn't be renting their home out. Pensions sometimes include meals prepared by the owner.

Bed & Breakfast. Similar to the pension, these places are family owned and operated, serve breakfast, thus the name. This is another great way to meet the locals and find out what to see and do in the city. Prices vary, but from my experience, bed and breakfast accommodations are reasonably priced and usually worth every penny.

Gasthaus. These are local hotels in Germany and Austria only. They normally have a restaurant and bar attached and serve great local cuisine and beer. Amenities vary from Gasthaus to Gasthaus, with some providing very nice beds and bathrooms and others only providing the bare minimum.

Hotel. These hotels are like any other in the states. Many are American chains like Marriot, Best Western, and Holiday Inn. The hotel staff speak English and cater to their American guests.

The more expensive the hotel, the more likely you are to find an English speaking staff.

Things you should know before you go:

If you visit a pool in Europe, more than likely kids under 5 will swim naked in the pool. Women will be topless as well. If you choose to visit a sauna or mineral bath in Europe there is a section where you are expected to be naked, no options.

You have to pay for every drink you have at a restaurant. There are no free refills in Europe.

This is not Burger King! When you order your meal, waiters will rarely allow you to substitute items or have food or dressing "on the side." Tipping is up to you, the norm is rounding your bill up to the nearest dollar. For example, if the bill is 25.50 Euro, pay 26 Euro. Again, this is at your discretion, but pay attention to the fine print on the menu. Some restaurants charge a "sitting fee." This is their way of guaranteeing a tip, whether you like the service or not.

There is only one dressing Europeans put on their salads: the one it comes with.

You will rarely find iced tea as you know it. If you do, it will be the Nestea and have peach or lemon flavor already in it.

If you order water it will come with bubbles in it. Learn to say "Wasser ohne gas, bitte." (sound like: vasser ona gass and literally means "water without gas").

German pillows are different from American pillows. They are large, square, and extremely squishy. If you need fluff, bring your own.

Gas coupons are only good in Germany and the Netherlands at Essos. You can also use them in Arals, but only if they are located directly off the Autobahn. If you find an Aral in town they will not take them.

The more of the host nation language you speak, the more respectful and helpful the locals will be, even if you do not speak the language very well. The Volkshochschule in towns offer Beginner German courses. The average price is around 250 Euros a month. The classes are full time from 9:00 to 1:00 and are well worth the money if you want to take full advantage of your new Europe life and meet people outside the Army community. They do offer night classes, and most Army installations overseas offer language classes.

Traveling by train is nice and relaxing. You can purchase three kinds of Bahn cards. A 25 percent card gets you 25 percent off all long distance train rides. A 50 percent card gets you half off all long distance train rides in Germany and 25 percent outside of the country. It costs you 200 Euros but quickly pays for itself in two or three trips. When you purchase this card, your partner can get one for half price. A 100 percent Bahn card is only worth it for travelers who use the train daily, mainly Germans who commute.

The Bavarian train ticket is 25 Euros and allows up to five adult and any number of children to travel roundtrip by train anywhere in Bavaria. Ask at the local Bahnhof (train station) for the details.

Of course there are many more things that you will need to know while in Europe, but if we told you everything that would take away some of the fun!

Be adventurous, try new things and above all remember- your time in Europe is limited, take advantage of everything!



The Rome Coliseum is a favorite tourist destination.